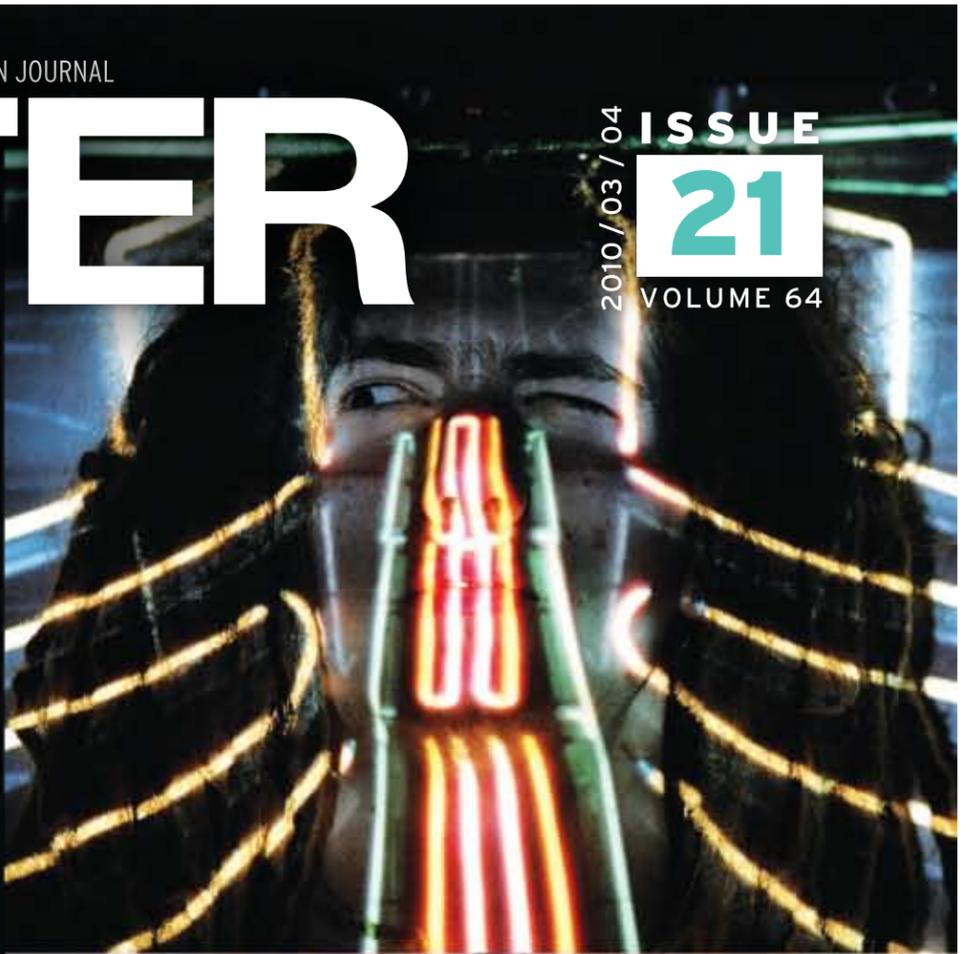
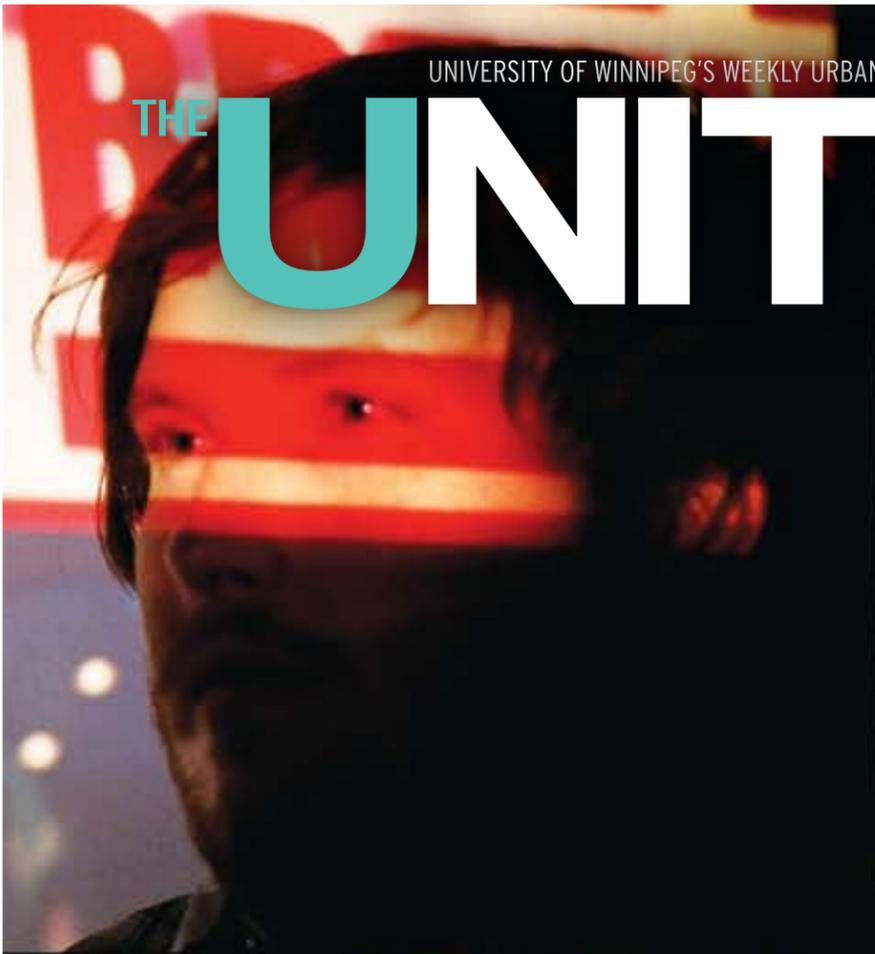


UNIVERSITY OF WINNIPEG'S WEEKLY URBAN JOURNAL

# THE UNITER

2010/03/04 ISSUE 21 VOLUME 64



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**\*COVER IMAGE**

"Vampyres"

by Delf Gravert

## News

# Cold canvass for a cause

Two canvassers' fight against the freeze

KALAYA WICHACZ  
VOLUNTEER

No one likes standing in the cold when it's -30 C and frostbite is nipping away at your nose. But for people like Justin Lecocq and Sabrina Deforest, two canvassers for the Western Canada Wilderness Committee, the biting cold is a harsh reality they face each day.

Lecocq and Deforest combat unforgiving Winnipeg weather for 15 to 20 hours a week, going door-to-door to promote the Wilderness Committee's work to protect various western Canadian wilderness areas.

The committee has accomplished various environmental feats, including the protection of over 40 wilderness areas and their wildlife inhabitants.

Canvassers speak to about 60,000 people each year through thick and thin. The winter is one of the toughest elements canvassers face.

"The cold matters," says Lecocq. "Your fingers are numb, your toes are numb. You're just hoping some very, very nice person lets you into their house to talk for a few seconds."

"[Canvassers] overcome quite a great deal of obstacles standing in -30 C, talking to people who aren't really receptive. It's a really admir-



Justin Lecocq, a canvasser for the Wilderness Committee, braves the cold to educate Winnipeggers about conservation.

able, respectable and heroic thing they've done," canvassing director Robin Bryan explains.

For Lecocq and Deforest, the kindness of strangers is one of the most treasured aspects of canvassing.

"People are generally nice ... if [they] see a value in what you are

doing," says Deforest.

Canvassers have a short window to convey their message about Manitoba conservation. Just a few more seconds to speak with potential donors makes all the difference.

"It can be discouraging because you are talking to a lot of peo-

ple who don't necessarily care," Deforest continues. "Sometimes it's one or two [nice] people that really keep you going."

When faced with the harsh cold, sometimes all canvassers need is a big smile and for people to show appreciation for what they do.

"We feel like we're doing a real good thing for the world ... we're doing a really respectful thing," says Lecocq. "When people pat my back and tell me, 'You're doing something really good. Thank you for your work,' those kinds of experiences are amazing."

But not every knock on a stranger's door gets answered by a smiling face.

Laughing, Lecocq recalls one of his worst canvassing experiences.

"I knocked on a guy's door and he swung it open and said to me, 'What are you selling?' He screamed at me ... and said I'm taking away jobs from all the loggers, and I'm just a left-wing fundamentalist."

Fortunately for Lecocq and Deforest, that kind of negative experience is rare. For the most part "apathy is the biggest obstacle to overcome."

At times canvassers find it hard to get people involved in environmental issues, even ones in their own province. Their conservation efforts can be overshadowed by worldwide environmental concerns. But Bryan believes the Wilderness Committee and canvassers are "here to stay throughout the years ... and increase the knowledge people have access to."

Visit [www.wildernesscommittee.mb.ca](http://www.wildernesscommittee.mb.ca).

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## STREETER

BY SAMUEL SWANSON

Q: HOW HAS SOCIAL MEDIA AFFECTED YOUR LIFE?



**Garret Harman**  
lifeguard/swim instructor, Selkirk Community Pool

"I don't really use any [social networking sites] except Hotmail for communication for work. Facebook stalkers scare me."



**Olga Oliynyk**  
third-year, sociology

"[Social networking sites] bring people together, but face encounters disappear. There's online dating and people spend more time online."



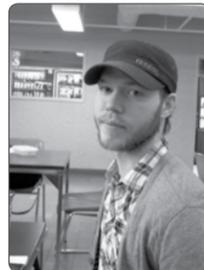
**Dylan Gyles**  
third-year, theatre and film

"It's made meeting people a lot easier. I've cut down the amount of phone calls I make by about 75 per cent."



**Felix Martinez**  
lab technician, University of Winnipeg

"It affects me in many aspects. It changes the way I eat, they way I dress. For me, everything has to be visual. You tend to buy what you see. I see things on the Internet that could be healthy for me ... so I try it."



**Kurt Stephan**  
third-year, geography

"[Social media] revolutionized global communication. We can access people all around the world at an instantaneous speed. At the same time, it's almost concerning because it's controlled by multi-national groups and allows them to target specific groups with advertising."



**Delaney Huybers**  
Collegiate student, University of Winnipeg

"It [connects] you to people all over the world, which wasn't possible five years ago."

# Insite in Winnipeg: To be or not to be...

## Mum's the word on potential safe-injection site in Winnipeg

JULIAN WARD  
VOLUNTEER

The only safe-injection site in Canada is still up and running but no one knows for how long. Meanwhile, the debate over whether Winnipeg would benefit from such a site continues.

Vancouver's safe-injection site, Insite, provides a safe place to inject illicit drugs in the presence of a nurse. While the federal government's appeal to shut down Insite was denied by the B.C. Court of Appeal, they are taking their concerns to the Supreme Court.

At issue is whether provinces should have supreme jurisdiction over their health-care services even when they conflict with federal law — in this case, the Controlled Drugs and Substances Act.

"The government has decided to take the case to the Supreme Court of Canada," said Marion Allaart, director of the Vancouver Area Network of Drug Users (VANDU). "They're stalling ... All the best evidence shows that supervised injection sites are wanted and needed."

Although Winnipeg does not have an injection drug use problem on par with Vancouver's downtown eastside, there is still a great need according to those who work with drug users in Winnipeg. The Province does not agree.

"[The province is] currently working with the WRHA and AFM by implementing needle exchange and methadone intervention programs. Maybe if there was littering in the streets like in Vancouver then we would look into it," said a spokesperson for the Health Minister's office, who refused to give his name.

Heidi Graham, director of media relations at the Winnipeg Regional Health Authority (WRHA), explained that the WRHA is currently utilizing a harm-reduction program called Street Connections which dispenses clean needles and pipes. They also collect the used needles and pipes for safe disposal.

"We give out about 30,000 needles a month, which is more than we take in," she said. "In 2008 ... around 22,000 Street Connections encounters were made with users."

The Methadone Intervention and Needle Exchange program (MINE), run by the Addictions Foundation of Manitoba (AFM), is another initiative. The program provides addicts with methadone which helps prevent withdrawal symptoms and reduces cravings when trying to get off of opiates.

Although AFM is providing



much-needed support for drug users, an AFM rep refused to comment for this article on whether Winnipeg should have a safe injection site.

Sandi Mowat, president of the Manitoba Nurses Union, explains that the union is in support of opening a safe-injection site in Winnipeg despite the lack of interest from the province. She says that overall it has been a success in Vancouver and that more sites should be opened around Canada.

"We know that they work ... They reduce deaths from overdoses, they help stop the spread of disease and can actually prove to help man-

age costs in the health-care system," said Mowat.

Dr. Lindy Lee, an authority on addiction medicine, agrees that a supervised injection site would be beneficial to the community but argues that funding is needed elsewhere first.

"[Funding] should first go toward creating a strong assessment clinic that follows up that support with more abstinence and methadone treatment programs," she said. "Supervised injection sites are for people who aren't ready for treatment or for whom treatment has failed."

Concerns that safe-injection sites legitimize and even encourage drug use are common but unfounded, according to Brian Bechtel, executive director of the Main Street Project. The mission has a drug and alcohol detoxification unit and provides emergency shelter, transitional housing and counseling services for those in need.

"People are going to have a knee-jerk reaction to it, but the research proves them wrong," he said. "Supervised injection sites are important because it's difficult to get homeless people into a treatment program because of the instability in their lives. The reality is that they're going to inject so they may as well do it in a safe place and off of the street."

ILLUSTRATION BY MELODY MORRISSETTE

# Citizens against police brutality

## Copwatch aims to hold police accountable

ETHAN CABEL  
BEAT REPORTER

Winnipeg Copwatch, a non-profit and volunteer-based organization that works to stop police violence in Winnipeg, have planned a series of events surrounding the March 15 International Day Against Police Brutality. Copwatch has scheduled a march from Selkirk Avenue to the Magnus Eliason Recreation Centre to be held on Saturday, March 13 at noon in solidarity with the victims of police brutality.

"I think the very idea of copwatching [monitoring police conduct at all times] has generated conversation," said Alex Paterson, member of Winnipeg Copwatch.

Copwatch members meet once a month to organize committees and schedule events like weekly patrols, where volunteers record the conduct of police on the streets of a particular neighbourhood. Through the police brutality march and other events, the group hopes they can successfully advocate for the full democratization of the Winnipeg Police Service (WPS).

"There is no direct mechanism for a community or neighbourhood [in Winnipeg] to review the actions of a police officer themselves," said Paterson.

Last year, the province made significant amendments to the Police Services Act and passed legislation that outlines policing duties, resulting in the Manitoba Police Commission, a civilian-led board that will be responsible for the hir-



Members of Copwatch, a non-profit and volunteer-based organization that works to stop police violence in Winnipeg, meet once a month to organize committees and schedule events like weekly patrols.

ing and firing of the police chief, administering police budgets and working to uphold accountability. The commission will be set up this year and has yet to be implemented. Its members will be appointed by the province.

Copwatch maintains the commission must be elected like city council in order to be fully accountable.

"What we emphasize is that the institutional channels aren't set up for citizens to have control of the WPS," said Paterson.

However, the WPS believes it is making great efforts to reach out to communities in the city.

"We're always supportive of initiatives to make the WPS more transparent," said Constable Jacqueline Chaput, public information officer for the WPS. She added

the police put out regular media releases made available to the public and to the press. She believes that beat patrols and uniformed police that patrol sidewalks are helping to bridge the gap between the police and the community.

"We are a very visible presence [in the downtown] and can address [and take a pro-active approach to crime in those neighborhoods]," she said.

Sel Burrows, a 66-year-old civic activist and Point Douglas resident, agrees.

"The police can only do so much," he said. "The community itself must make clear what its standards are."

Burrows and his wife have set up Power line, a volunteer-run telephone line in North and South Point Douglas, that is meant for

non-emergency calls that require investigation, like a neighbourhood house suspected of drug trafficking. Calls made to the Power line remain anonymous and are passed on to the Public Safety Investigations Branch of Manitoba Justice, who will then conduct an investigation if warranted.

"The Power line aids community/police communication and provides immediate community law enforcement ... There is a sense that the community and the police are a team [in Point Douglas]," he said.

Burrows sat on the Police Advisory Board, a citizen-based board meant to make recommendations to the WPS, which was disbanded last year in favour of the police commission. The board existed from 2008-2009.

Although Copwatch advocates for the democratization of police, they are less clear on suggesting what that should look like.

"There are a lot of democratization models that have been proposed ... but it's more important to point out that there is currently no citizen participation in thinking about or making decisions about how the police function in our society," said Shelagh Pizey-Allen, a Copwatch member.

Pizey-Allen was directly involved in an incident with police in May 2006 that involved Winnipeg police officers allegedly beating up, arresting and detaining members of Critical Mass, a group of Winnipeg cyclists. Allen says she was wrongfully detained by police during the incident and filed a complaint with the provincial Law Enforcement Review Agency (LERA), an independent agency set up to hear non-criminal complaints over police conduct. She has yet to receive a response from the agency.

## Local News Briefs

Compiled by John Gaudes

### DRAGONS' DEN AUDITIONS TO HIT WINNIPEG

The Canadian invention show *Dragons' Den* is scouting for season six and the audition tour is stopping in Winnipeg later this week. The show gives inspiring entrepreneurs an opportunity to hawk their latest inventions to a panel of tycoons, all in order to earn real cash or investments to get their product out to a wider audience. In addition, an inventor that comes up with the best environmentally-friendly product is qualified to win a \$100,000 Greenvention prize from Sun Chips. Auditions are being held on Saturday, March 6 from 11 a.m. to 6 p.m. at CBC Winnipeg, 541 Portage Ave.

### GOTRAVEL GOES UNDER, LEAVING WINNIPEGGERS WITHOUT VACATION

After offering locals the chance to fly from Winnipeg to London for under \$399, the tour operator GoTravel has gone out of business due to economic conditions. According to the *Winnipeg Free Press*, GoTravel has apologized to customers, but cannot be responsible for getting them refunds on their planned vacations. Winnipeggers have been told to talk to their credit card companies about getting their money back.

### MANITOBA THROWS OLYMPIC-SIZED PARTY IN VANCOUVER

As part of the Manitoba Homecoming 2010 program, locals threw a social in downtown Vancouver to promote our local culture. Eight hundred people attended a Vancouver bar and were treated to kolbasa, cheese cubes and a healthy dose of Winnipeg Jets jerseys. According to *CBC News*, Olympic speedskater Kyle Parrott, a Manitoban, attended with members from his family. "You come in here and even though we are in Vancouver and we are in the middle of this huge event, you come in here, and it's full of Manitoba people and it just has that Manitoba feel," he commented.

### FIREBALL STREAKS SKY OVER MANITOBA

While not the stuff of disaster movies, Manitobans witnessed a fireball streak across the sky recently as a small meteor came through the Earth's atmosphere. One eyewitness in the Bird's Hill Park area reported witnessing an object in the sky about the size of a toonie, with a tail the third of the length of his windshield. Based on the reports, the meteor was probably about the size of a baseball or a cabbage, and debris may still be found in the area around where it was seen. Anyone with information on this rare sight is asked to call Scott Young at the Manitoba Planetarium.

### CANADA BESTS U.S. AND MEXICO IN PROPERTY RIGHTS

While not yet stacking up to the protection offered by north European countries like Finland, Canada has outranked the U.S. and Mexico for best property rights in the annual index by the Frontier Centre for Public Policy. In 2010, Canada tied with Germany and Ireland for 12th in the world, scoring an 8.0 out of a possible 10. Examples of where improvements can be made have shown up locally. In Manitoba, the Rural Municipality of Ellice attempted to expropriate land from an elderly farmer — thanks to a vaguely written law. To ensure rights for all, the goal is for a constitutional amendment to make property protection a Charter right.

## International News Briefs

Compiled by Brooke Dmytriv

### MONASTERY OFFERS WEEKEND POSITIONS

VIENNA, Austria: A monastery in the small town of Maria Enzersdorf is giving men the opportunity to become monks for a weekend. The order of Franciscan monks has existed since the 15th century and is facing a decline in numbers. As a means of recruiting new members, they are opening their doors. The monks hope to give men a realistic impression of daily life in a monastery. BBC News reports the monastery has been operating their trial weekend since October and three men are now considering the brotherhood. An order of Franciscan nuns has also adopted the recruitment opportunity, giving women the chance to try a nunnery.

### WOMEN-ONLY BATHROOMS OFFERED ON AIRLINE

TOKYO, Japan: All Nippon Airlines will soon implement a women-only toilet on certain international flights. The change comes after an online survey determined 90 per cent of the women respondents said they would prefer separate female facilities. Reuters reported an official from the airline said the idea was especially appealing for long flights. In general, women do not like using sharing toilets with men since they often leave the seat up. Next month the change will be implemented. Men will be allowed to use the lavatory in emergency cases or when there are minimal women on the plane.

### TWO SIKHS BEHEADED IN PAKISTAN

ISLAMABAD, Pakistan: Two Sikh men were abducted from Pakistan's northwest region and beheaded last week and two other men still in the kidnappers' custody. According to CNN, Sikhs have lived in the region, Khyber Agency, for centuries working in agriculture or running small businesses. With the growth of the Taliban, the pressure on the Sikhs has increased. The Pakistan Taliban claimed responsibility for the abduction and murder. When two of the men's families could not pay the ransom of 20 million rupees, the men were beheaded.

### FRENCH PAYING TO BE KIDNAPPED

PARIS, France: Extreme sports enthusiasts looking for the latest rush have a new option available to them. Ultime Réalité (Ultimate Reality) is offering designer abductions to achieve that adrenaline. The company based in eastern France will arrange to have the client kidnapped for the nominal fee of 900€ (\$1,250). Clients have the choice to be bound, gagged and incarcerated for different lengths of time. Ultime Réalité is also offering more elaborate packages where the victim can purchase escape options or a high-speed helicopter chase. According to Reuters, the firm is averaging two kidnap requests per day with the majority of clients being high-level executives. The company is looking to expand its package selection into phobia-related adventures.

### DESERT AQUARIUM REVEALING CRACKS

DUBAI, United Arab Emirates: The aquarium located at the base of the world's tallest building, the Burj Khalifa, was evacuated when a small crack was noticed in the tank housing 33,000 underwater creatures, including sharks. The aquarium began leaking at one of the panel joints of the tank holding 10 million litres of water. BBC News reported engineers were sent in immediately to fix the leak. A spokesman commented the crack did not affect the aquarium environment and none of the creatures were harmed.

# Mind over muscle

## Mentorships and sports psychology play crucial role in athletic success

KRISTY RYDZ  
BEAT REPORTER

As the nation watched Canadians collect medals in Vancouver, a trio of former Olympians were mentally preparing the next batch of podium-climbing hopefuls.

Podium First Consulting, founded by the 2008 rowing Olympic gold medalists Kyle Hamilton and Brian Price as well as national- and world-champion rower Winnipegger Jeff Powell, aims to mentor the minds of up-and-coming athletes in a variety of sports.

"Once you get to the elite level, mental preparedness is one of the determining factors," Price said. "Bobsledders [in the Olympic Games] are coming down, and they're missing medals by a tenth of second. It comes down to the mental side, either positively or negatively."

With offices in Victoria and Winnipeg, Podium First offers an "elite mentoring" service that provides a 30- to 40-minute one-on-one Skype or telephone call with one of the three advisors once a week.

While Hamilton, Price and Powell have been working primarily with rowers, they are looking to expand into other sports, including hockey and football. The service costs \$200 a month and provides an outlet for athletes to discuss emotional, life-balance and training issues with someone who has lived through it all.

"We're not a coach. A lot of it is a mindset. You're not always going to have a great day," Price said. "That was a big thing for me. I thought I was the only one that had struggled, the only one that was struggling."

Learning how to manage your emotions is a huge part of being able to compete at world-class levels, according to Dr. Adrienne Leslie-Toogood, director of sport psychology for Canadian Sport Centre Manitoba.



Components of success for athletes competing at a high level include managing emotions and hurdling mental obstacles.

"For people that are competing at a high level, there are many components to success. What you eat is important, how you train physically is important," she said. "But if you want to have success as a competitor, you have to embrace this kind of sports science."

According to sport and performance consultant Chantale Lussier, Canadian athletes are understanding the power of mental preparation as part of their training regimen more than ever. Because of this, the sports psychology consulting sector has seen significant development.

For Lussier, it meant starting her own company, Elysian Insight, out of Ottawa in June 2009.

With an Honours BA in psychology and a minor in kinesiology from the University of Winnipeg, Lussier is working to augment her master's in kinesiology with a PhD from the University of Ottawa's faculty of education.

Her education mixed with her background as a graduate of the Royal Winnipeg Ballet's teaching program makes Lussier's consulta-

tions with a range of athletes, including dancers and nationally competitive tennis players, that much more valuable.

While athletes' programs are specifically tailored for their goals, Lussier generally helps with goal setting, visualization and giving that outside perspective in order for them to better understand themselves.

"I'd be looking at their body language, their attitude on the court, how they react when they win or lose a point. Observation of an athlete on the court is so important," she said.

Meeting with her clients once a week, often more frequently when preparing for a specific event, Lussier works to help athletes meet their session goals but truly aims to instill confidence.

"Ideally, by the time the big event comes, they won't need me," she said. "Ultimately, you're trying to train an athlete to be self-sufficient."

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## Campus News

# From provost to president

Brian Stevenson to become Lakehead University's top administrator

COURTNEY SCHWEGEL  
CAMPUS BEAT REPORTER

Becoming a university president was never something Brian Stevenson aspired to do. But as of Aug. 1, 2010, University of Winnipeg's outgoing provost and vice-president (academic) will become president of Lakehead University in Thunder Bay.

"I've always been drawn to leadership positions, but I never thought I would be president of a university," Stevenson said.

Since he took his position at U of W in 2006, Stevenson has successfully managed all academic programs at the university and has played an integral role in the development and support of several university initiatives, including the H. Sanford Riley Centre for Canadian History.

Perhaps his largest accomplishment at U of W has been spearheading the creation of a new academic plan for the university, which the senate passed last fall.

President and vice-chancellor Lloyd Axworthy commended Stevenson for his leading role in the project.



University of Winnipeg's vice-president (academic), Brian Stevenson, will be missed when he heads east to Thunder Bay.

"He headed that up and did a very good job of it," he said.

But Stevenson's work experience is not limited to university administration. Over the years, he has developed a vast career portfolio. In addition to his work as a professor of business at universities in Mexico and Canada, Stevenson has worked for international organizations such as the Organization of American States and the Woodrow Wilson Center for International Scholars. Stevenson also worked for the federal government as senior policy advisor to the foreign affairs minister from 1996 to 1999.

Stevenson feels that his wide range of experience will provide him

with confidence useful for his new position.

"I am actually not nervous because I have had a lifetime of training to get to this point, and I am very confident about my skills and my ability," he said.

But out of all his experience, it is his position at U of W, an institution he considers a "jewel" among Canadian universities, that stands out the most to him.

"The University of Winnipeg has been my most exciting job," he said. "The combination of a great cause and a great team has made the experience here first class," he said.

Axworthy said Stevenson's exceptional leadership skills will be greatly missed.

"Brian is somebody who has a talent for being able to bring people together and get agreement and to work as a consensus builder," he said.

Courtney Maddock, vice-president (internal) of the University of Winnipeg Students' Association, said Stevenson has been very attuned to student issues.

"He has been willing to work with us ... and listen to our concerns," she said. "I think he will be missed here."

For Stevenson, the hardest part about leaving the U of W will be leaving his colleagues.

"Institutions are about the people that you build friendships with and the people you get attached to. It is going to be very hard to leave behind so many good friends," he said.

### COMMUNITY EVENTS

**All Aboard!** The Winnipeg Model Railroad Club invites everyone to their grand auction at 7:30 p.m. on Friday, March 12 at Wentworth United Church.

**CHESS IN THE COURT** in Kennedy Court on the second floor of Portage Place, every Thursday throughout March and April.

**HEADS UP! MAINTAIN YOUR BRAIN**, a free public forum with Dr. Carol Greenwood, takes place Monday, March 8 from 7 to 9 p.m. at CanadInns Polo Park.

Join a gift box making workshop at the Manitoba Museum on Saturday, March 6 from 12 until 3 p.m.

The International Women's Day March on Sunday, March 7 begins at 1 p.m. at the Legislative Building. At 2:30 p.m. there will be a Feminist Fair at the MERC at 430 Langside St.

**FREE INTERNATIONAL STUDENTS CLASS.** An opportunity to meet with other students and Canadian friends while learning English and the Bible. Takes place on Sundays from noon until 1:30 p.m. at Elim Chapel, 546 Portage Ave. For more information call Val & Veda Chacko at 257-1670.

### ON CAMPUS

Relax between classes by attending a free **YOGA** class on Wednesdays at 12:30 in OT19 (the theatre building) or a free **MEDITATION** workshop Thursdays at 12:30 in the UWSA Boardroom. The program ends March 25.

The exhibition **GLOBAL CITIZENS: MANITOBBANS WORKING TOGETHER FOR A BETTER WORLD** will be on display from Monday, March 8 until Friday, April 2 in the Hamilton Galleria in the University of Winnipeg Library.

Andrea Smith will speak on **Sexual Violence and American Indian Boarding Schools** on Wednesday, March 10 in room 1L13, Lockhart Hall. 12:30 p.m.

The University of Winnipeg's Faculty of Business and Economics is hosting an open house on Wednesday, March 10 in the Duckworth Centre, 7 p.m. until 9 p.m. All are invited.

Giller award winning novelist David Bergen will give the talk **LEARNING TO WRITE** on Thursday, March 4 in Convocation Hall at the University of Winnipeg. 7 p.m.

The Honourable Flora MacDonald will give a talk on her humanitarian work in Afghanistan in Convocation Hall on Wednesday, March 17 at 6:30 p.m.

The Canadian Women for Women in Afghanistan will be hosting a film festival on Monday, March 8 in the University of Winnipeg's Eckhardt-Gramatté Hall. Shows at 4 and 6 p.m.

The UWSA General elections will take place from Friday, March 12 to Friday, March 19.

The UWSA **SAFEWALK PROGRAM** is looking for volunteers to walk students, faculty and staff to their cars, bus stops or residences within a reasonable distance. Each four-hour shift will receive an \$18 honorarium.

Every Wednesday from 12:30 to 1 p.m. there is an interfaith university chapel service in the Carl Ridd Sanctuary in Bryce Hall. All are welcome.

### VOLUNTEER OPPORTUNITIES

**GREAT SAVE**, the largest mobile blood donor clinic ever held in Manitoba, takes place at the MTS Centre on Friday, March 12 from 8 a.m. until 3 p.m.

Do you have a few hours a month to spare? Want to help make our community a place where women and children are safe, healthy, valued and empowered? Become a volunteer Board Member at Fort Garry Women's Resource Centre. Call 477-1123 or visit fgwrc.ca for more information.

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# UWSA ELECTIONS

**GET INVOLVED AND VOTE**

**monday**  
**march 15**

t h r o u g h

**thursday**  
**march 18**

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## Campus News Briefs

Compiled by Matthew Rygiel

### CKUW EXCEEDED FUNDRAISING GOAL

U of W's radio station, CKUW (95.9 FM), exceeded their Fundrive goal of \$50,000. CKUW would like to thank all those responsible for their financial support. It has allowed CKUW to continue in their mission to provide alternative radio through community access. Although the Fundrive is over, CKUW is still accepting donations at the info booth at the University of Winnipeg or online at [fundrive.ckuw.ca](http://fundrive.ckuw.ca).

### NEW JOINT PROGRAMS

The University of Winnipeg and Winnipeg Technical College (WTC) have joined together for the first time to create new joint programs. Current joint programs are in disciplines such as information technology, theatre and film and business, with other programs to be added in the future. U of W President Dr. Lloyd Axworthy and WTC President Dave Thoriakson signed a memorandum of understanding on Feb. 24 to plan more joint degree programs that students may potentially begin taking advantage of in just a few months.

The WTC will also join up with U of W's high school, The Collegiate. Culinary arts and design, electrical applications, production art and industrial electronics are areas of joint interest. The WTC and U of W are developing a program so some high school credits and classes will have the flexibility to cross over.

### WESMEN WOMEN VOLLEYBALL PLAYERS RECEIVE HONOURS

Wesmen Volleyball player Sonia Rossy has been named Women's Volleyball Rookie of the Year by Canada West Universities Athletic Association. Rossy is a first-year arts student at the U of W. Other awards under her belt include the University of Winnipeg's Female Athlete of the Month for November 2009. She is also the second Wesmen to receive Canada West's honour of Rookie of the Year. Rossy's Wesmen teammate, Ariel Smith, is also getting some recognition as she has been included in Canada West Women's Volleyball second all-star team.

Smith's awards include University of Winnipeg's Duckworth Challenge Female Player of the Game in October and University of Winnipeg's Female Athlete of the Month for January 2010.

### FACULTY OF BUSINESS AND ECONOMICS OPEN HOUSE

The U of W's Faculty of Business and Economics will be having an open house on Wednesday, March 10 from 7-9 p.m. in the second floor lounge of the Duckworth Centre. Light refreshments will be served as the dean, professors and students talk about the benefits of a business education. Future students will be studying in the new Buhler Centre, a state-of-the-art, eco-friendly building. More bursaries and scholarships will be available to students through the new Buhler Knowledge Access Fund. The new faculty aims to educate business students in the ever-changing needs of the modern business world and in leadership in a socially-conscious manner.

### TUITION TAX DEDUCTION FORM HAS NEW PROCESS

The T2202A tax form (Tuition and Education Deduction Form) from the University of Winnipeg for the 2009 tax year will not be mailed out to students as they have been in the past. The form will be exclusively available to students online through WebAdvisor accounts by Feb. 28. Undergraduates and graduates must use WebAdvisor to obtain the form, as well as Division of Continuing Education students and TCP students.

# The Wesmen Men gave it their all

Evenly matched teams made for exciting playoff action

CASANDRA ANDERSON  
VOLUNTEER

It was an easier win for the Trinity Western University Spartans Men's Volleyball team than in their past games against the Wesmen Men's team at the playoffs on Feb. 25-27.

Justin Duff started the Wesmen off to a promising beginning with a few tremendous kills. A serve by Marc Ross at point, was returned by Trinity and was set straight up to Justin Duff, who killed the team's first and only set, but shortly thereafter the team slowed down significantly. The Spartans picked up their lazy feet and maintained a small but comfortable lead.

The crowd cheered strongly for their home team and rocked the court louder than the Duckworth Centre has heard all season. The third set had the crowd and the players full of anticipation. Both teams were eager to win, grasping for the ball all over the court. But Trinity showed the Wesmen that home ground doesn't always make a difference, beating out the Wesmen 3 sets to 1 in the first game.

Friday night, Winnipeg was looking to get even. As the Wesmen worked hard not to let the ball fall inside the court, it was now Trinity Western who was unable to keep a steady lead. The win in the next

## Que sera sera

CASANDRA ANDERSON  
VOLUNTEER

Unfortunately for the Wesmen Women's Basketball team, their playoff run came to a close this past Thursday, Feb. 25 and Friday, Feb. 26. The Simon Fraser University Clan quickly took leads in both games and eliminated the Wesmen easily and painfully.

Due to the Olympics being in town, it was an average-sized crowd that showed up at the university in Burnaby, B.C. to watch the games. Yet, even lacking a large crowd of screaming fans, the Clans still had the home advantage.

Kate Hole from the Clans laid on the pressure and pushed the Wesmen to work hard in both games.

Winnipeg's Catie Gooch proved to be a season leader for the Wesmen, but it wasn't enough in their final games.

The first game of the series on Thursday night ended with the Wesmen losing 87 to 54. True to form, the Wesmen Women's team commenced their game with a great amount of energy and determination, but slowed down their pace by the third quarter.

Simon Fraser kept a tight offense during both games and dominated the court with countless unanswered baskets, allowing the Clans to maintain a strong lead over the Wesmen, which eventually sent the Wesmen Women's Basketball team packing up to go home with a sad end to their season.

### WESMEN WOMEN'S BASKETBALL PLAYOFFS AWAY AT SIMON FRASER UNIVERSITY

Thursday, Feb. 25  
Clan **87**  
Wesmen **54**

Friday, Feb. 26  
Clan **96**  
Wesmen **49**



Wesmen volleyball player Dan Lothar faces off against a player from Trinity Western University.

round of playoffs started to look like a reachable goal for the Wesmen and they gave it their all.

Winnipeg shut out Trinity Western in three easy sets, bringing the series to a 1-1 tie. The playoff quarterfinals were to extend to a third game.

Saturday, Feb. 27 marked the last

game to elect a quarterfinal winner. An extremely high-impact game sent the Wesmen Men's Volleyball team packing. The Spartans beat the Wesmen in three sets even after the shut out from the previous night.

The game was a constant back-and-forth between the two teams

### WESMEN MEN'S VOLLEYBALL PLAYOFFS AWAY AT TRINITY WESTERN

Thursday, Feb. 25

Spartans **3**

Wesmen **1**

(25-23, 25-20, 28-30, 25-22)

Friday, Feb. 26

Wesmen **3**

Spartans **0**

(25-22, 25-16, 25-23)

Saturday, Feb. 27

Spartans **3**

Wesmen **0**

(27-25, 25-14, 25-21)

who demonstrated equal strength throughout, making for a great game.

"That was the team that we have been building to be all season long. Skill-wise, system-wise, emotionally, maturity, toughness: all of the different components that it takes to be a great team," commented Trinity Western University head coach Ben Josephson. "That is what it is all supposed to look like."

It would appear the Spartans were the more rounded team in the third game.

With this loss, the Wesmen will not be smacking down the ball at the Duckworth Centre until next season. Stay tuned for off-season coverage.



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### Youth Services Officers Service Canada

Kenora, Ontario | Fort Frances, Ontario

Service Canada is recruiting two Youth Services Officers for the Service Canada Centre for Youth in Kenora and Fort Frances. These positions are available to full time post-secondary students. Apply online on the Public Service Commission of Canada website. Interested candidates must be registered with the Federal Student Work Experience Program at [www.jobs.gc.ca](http://www.jobs.gc.ca) in order to be eligible for employment.

*We thank all candidates who apply and advise that only those selected for further consideration in the process will be contacted. Preference will be given to Canadian citizens. We are committed to Employment Equity. The Public Service of Canada is committed to developing inclusive, barrier-free selection processes and work environments. If contacted regarding this competition, please advise of the accommodation measures which must be taken to enable you to be assessed in a fair and equitable manner.*

### Agents de services aux jeunes Service Canada

Kenora (Ontario) | Fort Frances (Ontario)

Service Canada recrute deux agents de services aux jeunes pour travailler dans le Centre Service Canada pour jeunes de Kenora et Fort Frances. Les étudiants inscrits à un programme d'études postsecondaire à temps plein sont admissibles à ces postes. On peut faire la demande en ligne sur le site Web de la Commission de la fonction publique du Canada. Les candidats désireux de faire la demande doivent être inscrits au Programme fédéral d'expérience de travail étudiant au [www.emplois.gc.ca](http://www.emplois.gc.ca) pour être admissibles à un emploi dans la fonction publique du Canada.

*Nous remercions tous ceux et celles qui poseront leur candidature. Nous ne communiquerons qu'avec les personnes retenues pour la suite de processus. Nous souscrivons au principe de l'équité en matière d'emploi. La préférence sera accordée aux citoyens canadiens. La Commission de la fonction publique du Canada s'est engagée à mettre en place des processus de sélection et des milieux de travail inclusifs et exempts d'obstacles. Si nous vous contactons au sujet de concours, veuillez nous faire part des mesures d'aménagement qui devraient être prises pour que vous puissiez bénéficier d'une évaluation juste et équitable.*

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## Comments

# Christianity in 2010: Who cares?

Christianity was in the news this month when it was reported that Youth for Christ, an evangelical social-service organization, plans to build a \$11-million youth centre at the northwest corner of Main Street and Higgins Avenue.

Winnipeg Centre MP Pat Martin railed against a plan proposing that the City contribute funds to the project, calling it "taxpayer-funded proselytization."

"These people are evangelical fundamentalists," Martin said. "Offering much-needed sports opportunities is just their way of luring in young prospects."

Last week, Rev. Jack Duckworth began an exploration of Christianity by looking at the question, "What is a Christian?" This week, he writes in response to the question, "What is a non-Christian?" The series concludes next week with a look at the question, "What does it mean to no longer be a Christian?"

**Each week a different Uniter writer will respond to Duckworth's article, demonstrating the wide-ranging and passionate opinions that arise when questions of faith are brought to the table.**

What do you think? Let us know by e-mailing [editor@uniter.ca](mailto:editor@uniter.ca).

## What is a non-Christian?



**JACK DUCKWORTH**  
UNIVERSITY OF WINNIPEG VOLUNTEER  
CHAPLAIN

Religious worldviews are open to all who want to investigate them. But religious ideals can be ignored. What matters most is how one follows a religious faith and honours that heritage in the here and now.

That is why it is important to ask the question: "What is a non-Christian?" Last week's article noted a Christian is someone who has made the life choice to follow Jesus Christ, lives in manner that reflects that choice, serves others and resists the contrary influences of culture.

A non-Christian may not be opposed to the Christian worldview, but, in fairness to all religious perspectives, there are distinctions that clarify belief systems.

In this sense, potpourri spirituality increases ambiguity, compromises what determines a religious view and fails to qualify what a Christian or non-Christian stands for.

Living a life of integrity with similar ideals to what might be called Christianity ought not to be confused with the core conditions of real Christianity, any more than aligning one's personal principles with any other religion.

Christianized ethics and following Jesus Christ can be different. With this in mind, a non-Christian is someone who discards the biblical view of Jesus Christ.

On the other hand, a Christian is someone who lives in a manner that reflects their decision to follow Jesus in the company of all others. To this end, conversations, friendships and relationships with all who have differing views offer the experiences of a heart-held motive of God's love.

In this sense, a non-Christian may not have heard anything about Jesus Christ. The best source for doing so, however, is from the Bible.

All college or university students owe it to themselves to read through the Bible at least once. The primary source document offers the best information. Like all disciplines, substantiated information gleaned from study, dialogue, argument and debate help clarify one's religious view.

In another sense, a non-Christian may never have been exposed to a community of Christians. To stand outside and only look in, or to base one's assessment on hearsay, speculation or first impressions, is incomplete. Finding your way into such a community takes a bit of time, but the experiences will also aid one's religious view.

A non-Christian may have been part of a church that assumed attendance substantiated one's faith. Some view commitment

to the Christian faith as a personal decision, while others understand that someone responds to the call of God. In either case, mere attendance to any faith community neither confirms nor denies the truth of one's religious conviction. Clarity of conviction is always a prerequisite of defining one's faith.

In a broader sense, a non-Christian may be a full participant in another religious faith. To this end, one can then say they follow Buddha, Allah or the Hindu gods.

We owe it to ourselves to understand where we stand as a non-Christian or a Christian.

Naturally, should it not matter to the reader, I can only hope to stimulate your thinking. There is no intent to needlessly press the issue. Attempts to understand how all other religious views are lived is too huge to conceive, but conversations can motivate understanding.

**Mere attendance to any faith community neither confirms nor denies the truth of one's religious conviction. Clarity of conviction is always a prerequisite of defining one's faith.**

In the end, the intent of this column is to present the simple point that blurring lines between Christian and non-Christian convictions serves little use. Instead, honesty within ourselves allows us to face the truth about our convictions.

As a Christian, I recognize that I speak from the margins and to receive a fair hearing means, in turn, I am to give a fair hearing to others' views. Ultimately, the defining reality of a Christian is grounded in how one knows Jesus Christ.

Eternally, that relationship bears significant weight.

*Rev. Jack Duckworth is the pastor of First Presbyterian Church Winnipeg and is available as volunteer chaplain at the U of W Thursdays from 11 a.m. to 3 p.m. He invites all interested to dialogue sessions in room 3M50 related to the articles: "What is a Christian?" (Wednesday, March 3 at 12:30 p.m.), "What does it mean to be a non-Christian?" (Wednesday, March 10 at 12:30 p.m.) and "What does it mean to no longer be a Christian?" (Wednesday, March 17 at 12:30 p.m.). His final column on Christianity will appear in next week's Uniter. Follow the debate at [www.uniter.ca](http://www.uniter.ca).*

## What is a Christian supposed to believe?



**JOE KORNELSEN**  
VOLUNTEER

Since a "non-Christian" is defined by what they are not, it is first important to attempt to explain what a Christian is. The ambiguous nature of Christian teachings proves this to be very difficult.

If you believe in an afterlife and you are considering Christianity, the first question you might ask is what makes a Christian, a Christian. This is a difficult distinction to pin down.

The usual explanation for becoming a Christian is that you must believe Jesus Christ and follow a moral code laid out in the Bible.

The Bible is divided into the Old and New Testaments. The Old Testament begins with the laws of Moses, is followed by a history of the Jewish people from the reign of David in the 11th century BCE to the rebuilding of the temple at Jerusalem in the sixth century BCE, and concludes with books of wisdom and prophecy.

The New Testament begins with four different accounts of Jesus' life, followed by letters written by Paul and concludes with prophecy of the apocalypse.

The biblical account of what a Christian must believe is surprisingly opaque. Jesus essentially says you must love God, love everyone and forgive people for their wrongs against you. If you don't you will go to where there is "weeping and gnashing of teeth."

But it's not quite that straightforward.

In the book of Matthew (5:17-20), Jesus explicitly says that followers of him are to follow the laws of Moses or go to hell, but in the book of Luke (10:17-20), he says that loving God and your neighbour are good enough to get you into heaven.

So if you don't want to gamble on your salvation, it would be best to follow the laws of Moses. However, these laws are infamous for their cruelty, particularly towards women (Deuteronomy 22:13-30).

Although we can all be thankful that Bronze Age laws are behind us, why is it that Christians don't follow the laws Jesus explicitly said to follow? The answer is Paul.

Paul persecuted Christians until one day on the road to Damascus, Jesus appeared to him and told him to join the Christian cause. Paul believed that Christianity should be brought to the non-Jews and thus did not need the baggage of Jewish customs and laws.

Much of Christian understanding of God and Jesus actually comes from the letters that are accredited to Paul. The Christian opinion on homosexuality is derived from a two-verse passage in Paul's letter to the Romans (1:26-27).

Christian sects also use Paul's writings to debate whether salvation is achieved through works or through faith.

Christians must wade through the very different rules of Moses, Jesus and Paul to find the correct understanding of God. Looming over this search is the ever-present fact that to get it wrong means eternal damnation. Given the diversity and contradictory nature of many of these rules, people are forced to turn to people who claim to understand what they mean. This has splintered the church into perhaps hundreds of sects.

The original question was what makes a Christian, a Christian. From this, it has been asked what a non-Christian is. This, I don't know.

There are Christians who support war and those who don't, Christians who support dictators and those who don't, Christians that believe a wife should submit to her husband and those who don't.

Really, there is only one true unifier among Christians and that is their belief in Jesus Christ.

So if the Christian God exists, either there are a lot of people out there who have the Bible's morality wrong, or God has decided to rest the fate of our eternal souls on the trivial question of Jesus' divinity.

To me, both of these outcomes are unjust and that's why I am not a Christian.

*Joe Kornelsen is a former beat reporter for The Uniter, a roofer in southern Manitoba and a student on hiatus.*

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# Same old song and dance

City's preliminary budget stays the course, for the worse



NICK TERNETTE  
VOLUNTEER STAFF

The City of Winnipeg released its 2010 preliminary operating budget on Tuesday, Feb. 16. To no one's surprise, it holds the line on property taxes for the 13th year in a row. In fact, during Mayor Glen Murray's term, there was a slight decrease in property taxes.

With this 13-year property tax freeze, Winnipeg now has the third lowest municipal taxes in Canada. Of course, since Mayor Katz was originally elected on the promise of eliminating the business tax, 36 per cent of all businesses will now pay no business tax.

Katz stated that a number of

consultations were held to hear views and opinions of Winnipeg residents, businesses, community groups and associations. Lo and behold, what does this preliminary budget say about the results of the two-day consultations? Only that city service levels are valued and should be maintained. That's it.

When Councillor Scott Fielding, Chairperson of the Standing Policy Committee on Finance, held public consultations for the city's upcoming operating budget, approximately 60 people attended the two-day event. The consultations were divided into two sections: one encompassing an overview of what the operating budget deals with and the second into workshops where participants could identify what their priorities would be.

The most interesting aspect of the consultations was a survey conducted by Market Dimensions, titled, "What actions do you think the City of Winnipeg could take to improve life in the city?" The three actions citizens felt were most important were as follows: 32 per cent

said improvements in roads and infrastructure, 18 per cent said crime and policing, and 8 per cent said transit. These compared with 2 per cent who said poverty, 1.5 per cent dealing with housing and 1 per cent with health care. There is something wrong with this picture.

**Winnipeg's citizens have not paid attention to the budget, even though it's one of the policy actions that affects their lives the most directly.**

In the workshop I attended, we discussed the challenges of a 2010 budget. We all agreed that service levels needed to be improved, rather than just maintained. It is impossible to maintain services and infrastructure if a tax freeze is maintained. We either need to in-

crease property taxes somewhat, or negotiate with the Province of Manitoba for a better or fairer cost-sharing agreement.

In terms of infrastructure, renewal and public works, we discussed significant improvement in snow removal (especially from sidewalks and curbs) and continued improvement in public transit.

In terms of property and development, we discussed the need to establish a proper city planning department – which currently doesn't exist – in order to develop proper planning. Significant monies are needed for neighbourhood revitalization too.

During a protection and community services workshop, we discussed the need for libraries to be open for longer periods of time in the evenings and weekends. To this, the city announced that three suburban libraries will open longer in the evenings, but none in the inner city.

We also discussed how foot patrols and neighbourhood policing should be funded more heavily,

rather than spending money on a police helicopter. But if news reports are to be believed, it seems as though the helicopter will be in the air by the summer.

By and large, city council has proven unwilling to listen to the concerns of these consultations. While there will be an increase in policing (eight) and paramedics (17), all other services have remained stagnant due to tax freezes and Katz's commitment to find efficiencies within the city organization and performance measures that can be tracked and monitored. All of which means less public service and more privatization.

Maybe that's why Winnipeg's citizens have not paid attention to the budget, even though it's one of the policy actions that affects their lives the most directly.

*Nick Ternette is a community and political activist, freelance writer and broadcaster living in McFeetors Hall at the University of Winnipeg.*

## Letters

**Re: "Canadians 'get tough' on crime for all the wrong reasons" (Feb. 25, page 9)**

I agree 100 per cent! It seems pretty obvious that threats and punishments do not deter crime at all, and including a mandatory minimum sentence in our judicial system makes little to no sense. In reality, all it does is fill up our already over-populated prison systems.

Remember the fire started in the Manitoba Youth Centre in November last year? Well, what do you expect when you cram an extra 50 people into a correctional facility? I can only imagine the impact mandatory minimum sentences will create, not to mention the extra costs. \*Shudder\* Extra costs...

Sean Bernard  
Via [www.uniter.ca](http://www.uniter.ca)

**Re: "The clarity of separating church and state" (Feb. 25, page 8)**

I appreciate Alex Garcia taking the time to read and respond to my article ("The ambiguity of separating church and state," Feb. 11, page 8), and for offering his insights. I would like to clarify a couple of points I made that evidently were misinterpreted.

I never questioned the need for separation between church and state. To the contrary, I affirmed more than once that separation is a good thing. It is important for both realms to remain distinct. But just what does 'distinct' mean?

There is no established definition of the term. If you ask five people around campus what they think it means, you'll likely get three or four different responses. That was what I tried to highlight when I called separation, 'ambiguous' – it's meaning is unclear. For such an important principle, there is a disconcerting lack of uniformity.

Furthermore, I never intended to imply that this issue is any less important due to the fact that it is less prevalent in 'Western' societies. Separation is necessary and important in all countries, and we should be concerned wherever the two are fused.

My intention in writing my piece was to initiate a conversation about what separation means, and where society should draw the line. To that end, I believe I have succeeded.

Josh Bernier

**Re: "Christianity in 2010: Who cares?" (Feb. 25, page 7)**

Knowledge is when we see and "understand" words on paper. It becomes wisdom when the words are embodied; when we practice the teachings in our daily lives. A friend told me this once.

Some of the basic teachings in different schools of spiritual/religious philosophy are about love, patience, compassion, kindness, understanding, generosity and self-discipline (or self-teaching).

Am I patient and kind to my son when we're running late? How do I judge the people I see on the bus or on the street or on the news? Do I think before I say and do?

Spirituality becomes real as it flows into my actions and interactions. Do I walk my talk? Sometimes yes and sometimes no. This path is a process.

Lisa Neufeld

**Re: "Christianity in 2010: Who cares?" (Feb. 25, page 7)**

Though I can see Ethan's counter-arguments as valid, he's missing the point: Loving one another. It's obvious many Christians in history have dropped the ball – we all know that. And to state which ones have dropped it the hardest is irrelevant. We will always have people doing stupid things – Jimmy Swaggart is no exception.

I am a lover of Jesus, plain and simple. You can take "Christian" out of the equation altogether. All Jesus asks is for us to follow Him and to love one another. He didn't say hate homosexuals or alienate pregnant teens at Planned Parenthood. He was about getting to the broken people and helping them, feeding the poor, taking care of your neighbour and treating others as you want to be treated.

I was an atheist for 25 years. I wanted nothing to do with religion. I saw all the terrible things so many Christians had done, all in the name of God.

But one day God started talking to me, and when I listened, I learned that He was not responsible for the things people had done in His name; they were.

I implore everyone to personally consider the man, on your own terms, before the considering the things people have done to give "Christianity" a bad taste.

Amy Middleton

THE UNITER

EMPLOYMENT OPPORTUNITY

**The Uniter is seeking a business manager**

The University of Winnipeg's student weekly is seeking a dynamic and motivated individual to take over the business operations of the newspaper. This individual should have at least two years progressive responsibility in management. They must possess a solid understanding of the publishing industry and the needs of a controlled copy urban weekly that suits the needs to both the campus and downtown community.

This individual will be responsible for all business aspects of the paper including advertising, circulation, finances and business development.

The following job opportunity is a 30-hour per week part-time position for a one-year contract beginning April 15, 2010. The position has a two-week holiday period as well as a Christmas break (approx. two weeks). It is based upon a \$21,000 salary per year with a chance for increased wages April 1, 2011 (with contract renewal).

Please note this is not an editorial position.

**Skill requirements:**

- Ability to prioritize tasks, make decisions and work independently, act with a high degree of integrity and professionalism.
- Excellent communications skills, both oral and written.
- Knowledge and familiarity with Macintosh operating systems, computer software for Word Processing, Spreadsheet, Database management, e-mail and Internet, and accounting.
- Ability to manage the newspaper's circulation, advertising and event contracts.
- Ability to oversee and co-ordinate financial management of the newspaper.
- Familiarity with publishing, web publishing and new media including the ability to oversee production of a weekly newspaper.
- Familiarity with grant writing, budgeting and project co-ordination a must.

**Duties:**

- **ADMINISTRATION:** Responsible for all office communications, by mail, phone, fax and e-mail, finances, advertising, production, promotions and fundraising, etc.
- **STAFF SUPERVISION:** In association with the managing editor, the business manager will oversee all staff and execute the organization's human resources policy of a safe and healthy workplace.
- **CIRCULATION:** Manages the newspaper's circulation records by consistently updating, monitoring and optimizing new and existing

circulation drop points. Maintain a mailing list for *The Uniter*.

- **ADVERTISING:** Acts as the newspaper's advertising representative, recruiting new clients and managing current clients, preparing contracts, proposals and packages, revising rate cards, invoicing and collecting revenue.
- **MENTORING:** The business manager of *The Uniter* will be responsible for providing a mentoring environment for all staff of the paper and will from time-to-time be consulted upon for editorial advice and publishing expertise. The individual must also be able to assess, strategize and react to changing climates in the publishing industry as it relates to the newspaper's niche market.
- **FINANCIAL MANAGEMENT:** Oversees the financial management of newspaper, including payroll. Must prepare and submit annual budgets and actuals to the board of directors.
- **PRODUCTION:** Oversees printing and mailing of magazine issues, and acts as a liaison with the printer and the production manager. Manages printing contract.
- **DEVELOPMENT:** Works in conjunction with the board of directors to execute the Strategic Plan of *The Uniter*.
- **PROMOTIONS / SPONSORSHIP AND SPECIAL PROJECTS:** With input from the board of directors and staff, the business manager will plan and execute activities that engage the readership of the newspaper. This includes the speaker's series of Mouseland Press Inc. The business manager will administrate all sponsorship opportunities of the organization.
- **REPORTING:** The business manager will attend all Board and committee meetings and prepare reports for all board meetings on the newspaper's finances, circulation, advertising, results of promotions, and other information as needed by the Board.

Interested parties should submit a resume including references, a covering letter and a one-to two-page essay detailing the importance of independent media by **6 p.m. on March 26, 2010**. Interviews will take place the week of March 29. Application packages should be sent to [board@uniter.ca](mailto:board@uniter.ca).

Questions can be addressed to interim business manager James Patterson at [business@uniter.ca](mailto:business@uniter.ca) or 786-9790.

We thank all applicants, however only those short-listed for an interview will be contacted.

Send your letters to  
[editor@uniter.ca](mailto:editor@uniter.ca)



## Status Update: The Impact of Social Media

## Report: High media usage correlated with low levels of happiness in teens

## Social media found to have emotional, academic impacts

KRISTY RYDZ  
BEAT REPORTER

Sarah-Kate Salmon, 17, readily admits she spends a large part of her day attached to her cellphone – yet she's terrified of talking on it.

"I'm texting from 8 a.m. until 12 a.m.," the grade 12 student at Miles Macdonell Collegiate said. "I could text someone, 'I'm madly in love with you,' but I can't talk on the phone. It's awkward."

While Salmon likes to tune into her favourite TV shows and uses Facebook to procrastinate from homework, not all of her media exposure has been positive.

On her 15th birthday, Salmon was the victim of a physical attack by a group of teens – one girl and three boys – that put her in the hospital with a concussion.

"She kind of just kicked my head until I bled out my ear," Salmon recalled.

After a friend told her a video of the attack had been posted on

YouTube, she was forced to deal with the horror again.

"I thought, 'What if this gets around?' Then it just struck up the fear of it happening again. The situation just kept replaying in my head," Salmon said.

It's this complicated relationship between teenagers and the media that a new study from Washington, D.C.'s Kaiser Family Foundation called "Generation M2: Media in the Lives of 8-18-Year-Olds" focuses on.

Reporting increased levels of entertainment media usage, with an average of just over seven hours daily, the study has found a correlation between low levels of personal contentment and heavy users of media. Twenty-one per cent of teenagers are identified as heavy users, meaning they consume upwards of 16 hours of media per day.

Taking into account variables such as age, race, parent education and single- vs. two-parent households, contentment is measured by how the participant responds to questions like whether they often feel sad, get into trouble, are bored, get good grades and if they have a lot of friends.

According to Michael Zwaagstra, a research associate of Manitoba's



Twenty-one per cent of teenagers consume upwards of 16 hours of media per day, according to a new study from Washington, D.C.'s Kaiser Family Foundation.

Frontier Centre for Public Policy and a high school teacher with the Hanover School Division in Steinbach, the study's findings prove what he has seen for years.

"Time spent playing video games isn't time spent socializing," he says.

"When you ask students, 'How do you feel after you've spent all night playing games?' The universal response is, 'I feel terrible. I feel like I've accomplished nothing.'"

Zwaagstra advocates for more time spent on the fundamental

skills of reading and writing in the earlier years in place of technologically-focused classrooms.

"We seem to be jumping from the latest gadgets instead of focusing on the basics," he says. "If you have someone that already struggles with making friends, it makes it that much easier to avoid social interaction."

Brad Stelmach, a guidance counsellor and psychology teacher at Miles Macdonell, sees the impact of social media in his office daily.

"Kids will come in to be counselled and be crying, in distress. But their cellphone will buzz and they'll answer it right away," he says.

After helping students deal with the effects that Facebook statuses and text messages have on friendships, romantic relationships and bullying, Stelmach acknowledges that each individual has different predispositions and thresholds for media addiction.

"Technology is a great thing when it's used in the appropriate way," he said. "Sure there's going to be a correlation [between heavy media use and discontentment], but is it going to impact everyone the same? No."

## Editorial

## Navigating Web 2.0

## Social media is changing the way we live our lives, but to what end?

AARON EPP  
MANAGING EDITOR

What did I do before YouTube?

I can barely remember my life before that day in 2005: sitting in a university computer lab, Googling the song *For the Widows in Paradise, For the Fatherless in Ypsilanti* by Sufjan Stevens and stumbling across a clip on a video-streaming website I'd never heard of before – YouTube – which was then just months old.

Fast-forward five years and there's not a day that goes by where I don't watch something on the site.

It's what I do when I need a break at work. It's how I learn. It's how I unwind, relax and amuse myself.

Same thing with Facebook. I can barely remember the days before all the status updates, event invites and time spent observing my 14-year-old cousin become a fan of things like "I redo high fives if they weren't good enough the first time" and "Mom, I'm hungry. What do you want? Food! What kind of food? GOOD FOOD!!!"

Whether it's YouTube, Facebook, Twitter, Flickr, Skype or Wordpress, social media is changing the way we live, and it's changing it fast.

In an article posted on the social media guide Mashable.com, technology consultant Soren Gordhamer outlines five ways social media is doing this.

**1. Where we get our news.** More and more, people are turning to their friends on social media as their trusted sources of information. While they still read newspapers and blogs, "our list of sources for what is worthy of our attention has expanded significantly," Gordhamer writes. We can communicate about the news right away, making news more social than ever.

**2. How we start and do business.** The fact that it's easier than ever to start

a business is aided by social media, which allows people with little money for advertising to engage customers via Twitter and Facebook to promote their business, Gordhamer writes. It's also possible now to conduct business with people who aren't in one's immediate environment, creating new possibilities for customers and clients.

**3. How we meet and stay in touch with people.** While people still meet at clubs, parties or religious institutions, it's easier than ever to discover people with the same interests as you, even if they are obscure. And with events like Tweetups – a real-world meeting of people who know each other through Twitter – the connections we make online are becoming face-to-face interactions.

**4. What we reveal.** People used to reveal little about their fears and doubts in an attempt to present the best possible image of themselves. That's changing with social media, as personal transparency – revealing one's thoughts and feelings – becomes greater and greater.

**5. What we can influence.** Some people on Twitter have a million or more followers, while many Facebook pages have hundreds of thousands of fans, Gordhamer points out. It's no longer just Oprah who can exert significant influence on culture. Most people will never achieve the sort of reach Oprah has, but there's no denying that the influence of "regular people" is increasing.

Are these trends good or bad?

The issue, of course, isn't black and white. Social media can be good – I think of the connections I've made or rekindled on Facebook and Twitter that have enriched my life over the past year.

But social media can also be bad – I think of minutes wasted trying to come up with a clever tweet, or more time than I'd like to admit spent creeping on other people's Facebook pages.

While not always a solo endeavour, navigating Web 2.0 ultimately requires that people set personal boundaries on how much social media to partake in – which might include deciding if and when it's perhaps best to unplug for at least a little while.

## Is Facebook the new spitball?

## Social networking the ultimate form of classroom distraction

COURTNEY SCHWEGEL  
CAMPUS BEAT REPORTER

It must be discouraging to give a lecture to a bunch of students who are plugged into Facebook or Twitter and not paying attention. And while one may assume that professors would completely despise such social networking sites and blame them for cultivating a crop of lazy students, this is not necessarily the case.

"The problem isn't Facebook ... or social networking sites," said Samantha Arnold, a University of Winnipeg politics professor. "The problem is the general sense that coming to class is all you need to do."

Arnold says there have always been distractions in classroom, but the craze around social networking happens to be the latest and most popular way to waste class time.

"I think that 'Facebooking' in class is simply the 21st century version of doodling in class ... or spitting spitballs," she said.

Nonetheless, witnessing students on these sites during class is frustrating for Arnold. To minimize the amount of distraction in her classroom, she enforces some specific rules for using computers during lectures. For instance, students who insist on using laptops must sit at the back of the room so other students aren't bothered.

While many students are likely peeved by their peers who surf the Net during class, others have become immune.

Anthony Sannie, a first-year U of W student, says it doesn't bother him when other students putter around on Facebook during a lecture. And from what he gathers, his professors don't seem to mind either.

"I don't think my professors really notice or seem to care," he said.

But Arnold is far from neutral on the matter and thinks there should be a university-wide policy for the use of laptops in classrooms. She suggests that professors should be able to use their discretion to ban the use of computers in their classroom.



Students surfing the Net and checking their Facebook is the newest distraction in today's classroom.

Sannie disagrees.

"I don't think computers should be banned," he said, adding that some students need their computers to take notes or to access online readings and course materials on Learn or WebCT.

While Arnold does acknowledge the issues that could arise from banning laptops in lectures, she thinks the best solution would be to enable professors to switch off Wi-Fi in classrooms. But Richard Nakoneczny, U of W chief operating officer, says this is not impossible.

"Every Wi-Fi access point covers a lot more than just one classroom, so you would have to block out whole sections of the campus," he said.

Since there may be no solution to the problem, Arnold is looking for ways to use social networking productively in the classroom. She is considering creating Facebook pages for her classes next year.

"A Facebook page would probably be a lot easier and a lot more reliable than ... something like Learn or WebCT," she said, adding some of her students find it difficult to access course materials through such online course management systems.

But until it becomes a teaching aid, Arnold said social networking does not have a place in her classroom. There are, however, some exceptions.

"I'm going to be giving a test right now," she said. "And while the students are writing the test, I am going to be fucking around on Facebook."

## Status Update: The Impact of Social Media

# Politicians use social media to advertise, educate

Using social media necessary, says MP

ETHAN CABEL  
BEAT REPORTER

What do Stephen Harper, Greg Selinger and Karl Rove have in common?

They're all on Twitter.

Politicians from all levels of government are tweeting, blogging and updating their Facebook pages in order to advertise, educate and reach out to the public.

"I think that having a website [and using social media] has become necessary for almost every politician at any level," said Rod Bruinooge, Conservative member of Parliament for Winnipeg South. Facebook, blogs and other forms of social media are widely used and embraced for different purposes by different politicians, he said.

Since being elected in 2006, Bruinooge has been equipped with a well-designed and regularly updated website. He has recently joined Facebook and Twitter as a means of informing the public, advertising the Conservative brand and campaigning for re-election.

Meanwhile, other politicians



Jon Gerrard, leader of the Manitoba Liberal Party, is one of many politicians using social media to get their message across.

have opted to leave their mark on the blogosphere. Jon Gerrard, leader of the Manitoba Liberal Party, has been blogging since August 2005.

"The mainstream media have their own slant and my blog provides a Liberal perspective on what is going on at the legislature," he said. "It is also useful in getting a personal view of who I am."

On Jan. 22, Gerard posted a blog telling the story of his father's battle with acute macular degeneration, an age-related condition that causes severe visual impairment. In

the process, he alerted the public that Lucentis, a drug used to treat the condition, is not covered under Pharmacare in Manitoba.

"The Internet makes what I do more open, transparent and accountable," he said.

Similarly, Winnipeg's City Hall has embraced social media as a tool to provide information to the public.

Councillor Jenny Gerbasi (Fort Rouge-East Fort Garry) regularly distributes an eNewsletter, a discussion of issues faced by city coun-

## TWEET, TWEET

### Politicians on Twitter

Stephen Harper @pmharper  
Michael Ignatieff @M\_Ignatieff  
Jack Layton @jacklayton  
Elizabeth May @ElizabethMay  
Greg Selinger @GregSelinger  
Hugh McFadyen @hmcfadyen  
Jon Gerrard @DrJonGerrard

cil. The newsletter is distributed through a large e-mail network made up of people who have signed up through her website.

"What I do is kind of unique," she said. "I let people know when a controversial issue comes up in council and I use the [e-mail] network and Facebook strategically to get people engaged in the political process."

Gerbasi pointed to the successful Internet mobilization over last year's move to privatize the wastewater utility, as well as Facebook groups in support of Winnipeg's heritage buildings.

While some see the benefit of using the Internet as a tool to mobilize the public, others feel that it decreases accountability and puts politicians under unnecessary per-

sonal scrutiny.

Lesley Hughes ran as a federal Liberal candidate for Kildonan-St. Paul in 2008. She is now seeking a defamation suit against the Canadian Jewish Congress, B'Nai Brith (another Jewish organization) and Peter Kent, a Conservative MP for the Ontario riding of Thornhill.

Hughes was dropped from her candidacy after the Black Rod, an anonymous Winnipeg political blogger, cited a controversial newspaper column Hughes had written for local Winnipeg newspapers that discussed claims made by the 9-11 truth movement. Her writings were later spread to the mainstream media, which alerted several Jewish organizations who deemed her column to be anti-Semitic. These organizations pressed to have her candidacy relinquished by then-Liberal leader Stéphane Dion.

"These groups proceeded to wreck my reputation for speaking in very measured ways about a controversial issue," Hughes said. "Bloggers have the privilege of complete lack of accountability ... if you Google my name you will find a monster and a bigot ... that will be there forever."

To read more about the plight of Lesley Hughes, visit Ethan Cabel's blog at [www.uniter.ca/blogs](http://www.uniter.ca/blogs).

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University of Winnipeg Aboriginal Student Council  
presents the

# 8th Annual Spring Pow wow

'Honouring Children in Care'  
**March 12th, 2010**

Duckworth Centre, 400 Spence St., University of Winnipeg, Wpg, MB

Emcee ~ Ray 'Co Co' Stevenson  
Arena Director ~ Ian Hotomani  
Host Drum ~ White Horse Singers  
Special Guest Speakers ~

Beatrice Mosionier, author of "In Search of April Raintree"  
Dr. Lloyd Axworthy, president University of Winnipeg

Registration ~ 11:00am  
Grand Entry ~ 1:00pm & 7:00pm  
Community Feast ~ 5:00pm  
Hand Drum Special during feast

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# A BRIEF HISTORY OF TIME-WASTING

AS IT TURNS OUT, OUR CURRENT DEPENDENCE ON SOCIAL NETWORKING IS JUST ANOTHER THING YOU CAN THANK THE '70S FOR

**1969**

**WHO** In the beginning was the word. The word was e-mail.

**1978**

**WHO** The first multi-user game is created. It is a Dungeons-and-Dragons style RPG. Nerds everywhere rejoice!

**1986**

**WHO** Lucasfilm releases *Habitat*, an online role-playing game. It allows users to interact in a large-scale virtual environment that is graphically based; the first of its kind. Nerds again rejoice.

**1971**

**WHO** Ray Tomlinson, Dutch computer programmer.

**WHAT** The @ symbol.

**WHICH CHANGES** E-mail. Originally a machine-to-machine messaging system, it is now user-based.

**THE FALLOUT** Keyboards get a face-lift.

**1973**

**WHO** Doug Brown and David Woolley, PLATO software developers.

**WHAT** Talkomatic (Brown), PLATO Notes (Woolley).

**WHICH CHANGES** Mass interaction. Talkomatic becomes the world's first group chat program. PLATO Notes becomes the first online forum/message board system. Though both systems were technical breakthroughs, they were simply created for company use to report system bugs, and not well marketed for personal use.

**THE FALLOUT** Flame wars!

**1999**

**WHO** Shawn Fanning, an 18-year-old student at Harwich High School in Massachusetts, unknowingly brings down the record industry when he creates Napster.com. It is one of the first peer-to-peer file sharing platforms, and Fanning soon becomes the target of several music-industry backed lawsuits. Metallica was not impressed.

**19-year-old programmer Brad Fitzpatrick launches LiveJournal.com and "blog" officially enters the world's vocabulary. Moritz later rival site Blogger.com is launched.**

**1992**

**WHO** British engineer, computer scientist and MIT professor Tim Berners-Lee, founder of the World Wide Web, creates *What's New?*, the first weblog.

**1994**

**PANDORA'S INBOX**

Many USENET users are left annoyed as they open the mass message "green card lottery," the first commercial spam e-mail, courtesy of married lawyers Laurence Canter and Martha Siegel. The message, which was targeted at immigrants in the US, was sent to 6,000 addresses. According to the couple, they gained 1,000 new clients from the e-mail and "made \$100,000 off an ad that cost them only pennies." TIME magazine later called them "the most hated couple in cyberspace."

**1991**

**WHO** The World Wide Web is created.

**2000**

**THE INTERNET GETS JUDGMENTAL**

James Hong and Jim Young, two friends working in Silicon Valley, create HotOrNot.com. The University of California, Berkeley graduates started the site under the original moniker "Am I hot or not?" as a way to settle a disagreement they had one day over a passing woman's attractiveness. Within a week of launching, the site was one of the most frequented on the web, rivaling CNET and NBC. It was also apparently the inspiration for later '00 success stories YouTube and Facebook.

What it also inspired? Mass quantities of low self-esteem. Thanks guys!

**2003**

**NEW CONCEPT: FLASH MOBS**

**THE IDEA:** Coordinating a large group of people to assemble suddenly in a public place, via e-mail or social media, to perform an unusual/pointless act, then disperse.

**HOW IT STARTED:** The story goes that Bill Wasik, senior editor of *Harper's Magazine*, created the first flash mob as a social experiment in New York. He later said that he originally started the experiment as a way to make fun of hipsters and a culture of conformity. "It may have backfired on him," wrote the *Vancouver Sun*. "[Wasik] may instead have ended up giving conformity a vehicle that allowed it to appear nonconforming." The idea's popularity spread quickly all over the world and is still popular today. Notable flash mobs include the 2006 "silent disco" in London, England where over 4,000 people showed up, and the 2008 "Worldwide Pillow Fight Day," which had participants in over 25 cities around the globe, most notably in New York where over 5,000 people attended.

**2004**

A handful of elviverse employees with Friendster accounts decide to create their own social networking site. After 10 days of working on the project, they launch MySpace.com. The site gained momentum almost instantly, as elviverse was able to use its 20 million users as guinea pigs, improving and expanding the site from there. elviverse was purchased by News Corp., a media company founded by Rupert Murdoch, in 2005 for \$580 million. It's estimated that \$327 million of that value was from MySpace. By 2006, MySpace is the most popular social networking site in the U.S.

**2002**

**WHO** Celebrates its 10 millionth server, while Blogger.com celebrates its 10 millionth post. Coincidence?

**1988**

**WHO** Jarkko Oikarinen, Finnish software developer.

**WHAT** Internet Relay Chat (IRC).

**WHICH CHANGES** Communication. IRC is a form of real-time text messaging. It allowed for group discussion, private one-on-one interaction and chat and data transferring.

**THE FALLOUT** Verbal communication, having enjoyed its dominance over the written word for many years, takes its first hit.

**2010**

Google releases its latest social networking tool, Google Buzz. Buzz is lauded as one of the most integrative networking tools to date. It uses the company's own web-based e-mail program Gmail, as well as internet heavyweights Picasa, Flickr, YouTube, Blogger and Twitter. Sergey Brin, a Google executive, said that Buzz was intended to help bridge the gap between work and leisure. Within 56 hours of its release, 9 million posts were made with the system — approximately 160,000 posts and comments per hour.

**2006**

Facebook founder Mark Zuckerberg releases his networking site to the public. Zuckerberg started the site in 2004 with a few of his fellow computer science students at Harvard. The site was originally only accessible by students of the university, but it gradually expanded to include other colleges. By 2008, Facebook had become the most used social network in the world, with more than 400 million active users.

**2007**

Twitter takes off at SXSW. Though the text-based, 140-character micro-blogging service was already available in 2006, it wasn't until the company's aggressive campaign at the Texas music festival that it took flight. Twitter staff set up 60-inch plasma screens in conference hallways exclusively streaming twitter messages. During the course of the event usage of the application tripled, and "tweet" had officially become a verb.

**2003**

**WHO** Jonathan Abrams and Cris Emmanuel, California computer programmers.

**WHAT** Friendster.com

**WHICH CHANGES** The world as we know it. Friendster.com was the first site of its kind. Abrams wanted to create a safer, more effective environment for meeting new people. By allowing users to browse profiles and connect to friends, friends of friends and so on, members were able to expand their network of friends more rapidly than in real-life, face-to-face scenarios. Friendster.com reached over 1 million users before the year was over.

**THE FALLOUT** The word "friend" is redefined. No longer a companion who you actually had to spend time with, it could now be someone who you hadn't met, but did agree with when they posted "Radiohead is the greatest band ever!" on their profile.

SAM HAGENLOCHER  
ARTS & CULTURE EDITOR

## Status Update: The Impact of Social Media

# Stupidity in the cyber-age

Social media puts idiocy on display, which isn't necessarily a bad thing



ROBERT J. HOLT  
VOLUNTEER STAFF

Once, in elementary school, a friend of mine was sitting by himself in a corner of the playground pouting. I walked over and asked what was wrong.

"I hate people," he responded, looking at the ground.

"Why?" I asked.

He lifted his head, looked me right in the eyes, and shouted, "Because people are stupid!"

Recently, I was having that similar thought (and then some) whenever I went online. Whether I was watching a video on YouTube of some sub-normal jackass from South Carolina jumping on his best friend's crotch, or reading barely-literate status updates on Facebook, I had the feeling that people weren't just stupid. I got the feeling that



RYAN JANZ

the whole human species was getting dumber by the keystroke.

It was a depressing thought, but I've started to see things a different way now. It's not that people are getting any dumber. It's that, thanks to the advent of social media, people are more honest about how dumb they actually are. They let the whole world know and come clean.

For example, take that teacher from Churchill High School who decided it was a bright idea to perform a lap dance on his colleague in a gym full of students. Was that dumb? Fantastically so. Everybody in the place knew it was dumb and everyone who saw it on the news thought it was dumb. Really, really dumb!

Consider this. A decade ago, only a handful of people would have known about this – the people in the gym, the parents, the school board. Rumours would spread to schools nearby, but it would essentially be a local issue.

However, thanks to YouTube and a high school student with a cellphone (I understand that's fairly common these days), the lunchtime lap-dance story blew up like gang-busters. It received global attention; the video was featured on the front page of CNN.com.

It's a safe bet that neither of the teachers in the video will ever be hired by any school division with a working knowledge of how to use Google ever again.

If there's a moral to their story, it's this: nowadays, if (and when) you do something stupid, people are going to find out.

Personally, I think that's great. I'm looking forward to a future when the members of this generation start running for public office and the photos from their youth begin to surface. Smear politics will be that much more fun. Or maybe they'll just disappear entirely. After all, if everyone has dirt on everyone else, no one can really claim the moral high ground.

The point is, if you're ever crawling the web, that wonderous series of tubes, and you start to feel like the world is getting dumber, just remember that my grade school friend has been right all along. People aren't getting any stupider; we were plenty stupid to begin with.

We're simply getting better at admitting it.

*Rob Holt is a second year student at the University of Winnipeg. You cannot follow him on Twitter.*

# I bet this turnip can get more fans than any print article

Slacktivism attractive alternative to, like, y'know, caring



ANDREW MCMONAGLE  
NEWS ASSIGNMENT EDITOR

It's exciting to see really big numbers. Just look: 514,989,150, 976.43. That's the amount, in dollars, of the Canadian national debt according to the Canadian Taxpayer Federation on Sunday, Feb. 28, 2010.

Regardless of the meaning, that's a number that gets attention. Here's a better one: 12,430,706,345,674. That's the American national debt on the same date, according to USDebtClock.org.

People love big numbers, and that's possibly why online petitions are popular. The motivation to join a group or petition online can be as slight as the desire to see the numbers climb to satisfying heights.

More big numbers: 1,205,822. That's the number of people who joined Facebook's petition "Stop live animal skinning in China." 617,335 is the number of people who joined the petition to "Stop the 'artistic' death of

an innocent animal." That's almost as many people as live in Winnipeg! I say "joined" the petition because it would be improper to say "signed" as there was nothing actually signed. No signatures, no pens, no paper.

Welcome to slacktivism, where being concerned about what happens in the world is just a mouse-click away. This has never been more salient than on Facebook, where users are inundated with requests to join all sorts of socially-motivated groups and are badgered to sign online petitions to change, uh, something.

Those big sexy numbers on the animal cruelty petitions make it seem like people really care. And they just might, but there's a disconnect between an issue's popularity and the action taken on it.

Consider the fact that, at the time of viewing, those Facebook petitions were blown out of the water by less socially-conscious movements. Like this figure: 1,829,560. That's the number of people on one of Facebook's most populous petitions, calling for them to install a "dislike" button. That's a full 623,738 people more than the generalized China-skins-animals-alive petition.

But wait: there's more.

726,842 is the number of people on Facebook who have put their hat in the ring to have McDonald's start doing deliveries.

**Slacktivism is easy, and like many things that are easy, it is popular. And, like most things easy, it has almost zero influence or relevance.**

It's evident that people are more willing to publicly declare they want their conveniences more convenient than their world to be more cruelty-free. On Facebook, at least.

Slacktivism is easy, and like many things that are easy, it is popular. And, like most things easy, it has almost zero influence or relevance. Take, for example, the issue of the Windsor Hotel in Winnipeg that came up in January. It was going to be torn down!

Well, not really.

See, it started as an online petition to stop it from being demolished. Musician/hair stylist Kathy Kennedy jumped on a rumour that the hotel was going to be demolished by the city. She started online petitions and Facebook groups to prevent that from happening. A demonstration was arranged, and

on Jan. 9, a couple hundred people showed up with their solidarity in tow.

The only trouble was that the hotel was not actually slated to be torn down. The city told Kathy directly, and all of a sudden the movement went from a desperate ploy to keep the hotel alive to a backtracking preservation effort.

Let's be clear, the Windsor is awesome. But if we're to look at the numbers, another tale is told. The Windsor blues bar attracts literally tens of people a week, and yet the Facebook group currently has 3,709 members. That's a full 644 people less than have signed the petition, and that doesn't even include all the people who left the group after the rally.

Instead of clicking your support, why not go there and spend your money?

Slacktivism is too easy and can easily give non-issues credence. However, whining from behind your keyboard can be very effective if you know the right avenues.

*To see more of Andrew McMonagle's whining from behind a keyboard, check out his blog at [www.uniter.ca/blog](http://www.uniter.ca/blog).*

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The Uniter is looking for a hard-working, creative and talented individual to take on the responsibilities of Production Manager. The successful applicant will be responsible for the overall design and final layout of the newspaper, in co-operation with the section editors and Managing Editor, on a weekly basis. The Production Manager is also responsible for uploading content onto The Uniter's website each week. This person must be proficient with Adobe Creative Suite, comfortable using a Mac OS X platform and possess a sound understanding of design principles for a weekly print publication. The Production Manager must be available to work Sunday to Wednesday. Some additional ad design will be required and paid accordingly. Some office hours are required. Time commitment is 25+ hours per week.

The successful applicant will work on The Uniter's two summer issues (May and June) and then begin their term in late August.

Please send your resume and a cover letter to [editor@uniter.ca](mailto:editor@uniter.ca). The deadline for this application is **Friday, April 2 at 12 p.m.**

Call (204) 474-6963/8008 for information

May • June • July • August

## Arts &amp; Culture

## Unpretentious, unfiltered and goofy

Punk hip-hop duo Rebel Yell want to invite you to a very special *Kitchen Party*

LEE REPKO  
VOLUNTEER STAFF

When the news came that one half of the instrumental math tech-funk quartet Red Blanket had released a rap record, many fans may have been a little wary.

The duo, made up of John Vogan (a.k.a. Critical Jim) and Dustin Karsin (a.k.a. El Te Gringo), formed under the moniker Rebel Yell and released their first record *Greatest Hits* in 2008. The record is a blend of musical styles, mixing punk with hip hop in an infectious and often hilarious manner. Driven by their ridiculous rhymes and lo-fi beats, they deal with Winnipeg, touring, drinking, the environment, cribbage and travelling in a manner you probably haven't heard before.

"It was just something for us to goof around with and a couple of years later here we were with 10 or 11 songs. It was either waste them and just share them with friends or craft an instrumental and compile some artwork, press it and put it out," said Karsin.



COURTESY OF REBEL YELL

Any resemblance to Billy Idol is purely coincidental: To follow up their debut CD *Greatest Hits*, local hip-hop duo Rebel Yell will be releasing two videos and an EP at the Lo Pub.

Even though Red Blanket is primarily an instrumental band, the offshoot duo have gone from saying basically nothing onstage for years to being an almost chatterbox stream of consciousness.

"With Red Blanket I always took it so serious and I had to portray myself this certain way. With Rebel Yell I don't really care what

people think. As long as we're not hurting other people's feelings or being negative towards a community or group – my filter is totally off," explained Karsin.

"It's really unpretentious and Rebel Yell is just really goofy because we're goofy" added Vogan.

The group is now ready to release *Kitchen Party*, a four-track EP that

features two reworkings of older tracks and two from the upcoming full-length release.

The group blossomed into a three piece recently, taking into their fold Keli Martin (The Details) on bass. For the EP they also enlisted Paul Lindell (The Hearsemen) to fill out the bottom end on acoustic double-bass.

The whole experience is decidedly lo-fi and keeps the organic vibe created on their earlier release going.

"If I was a rapper in Winnipeg and heard our music, I would be like, 'Fuck This!' We had a good time recording it and put a lot of time into it, but we're not so serious about rap that we need that acceptance into the rap scene," Vogan said.

With economics and environment degrees behind them, the duo are not all fun and games, but also bring some pretty heavy topics to the table.

One particular track, *Apa Khabar* (or "How you doin'?" in Indonesian) from their first record, certainly contains an underlying message of anti-corporatism.

"Our political mindset is not really putting a message out there. We're just saying what we think and take it as you want," said Vogan. "Social justice [issues] are things that are important to me. When I am writing songs that just comes out. I don't want to drive around from Wal-Mart to Tim's to Home Depot in my truck. I wanna walk to Beaver Lumber.

"Travelling totally changes your perspective and I use those [experiences] to try to create awareness."

- ⇒ See Rebel Yell at their *Kitchen Party* EP release Saturday, March 6 at Lo Pub
- ⇒ Tickets are \$7 at the door
- ⇒ Visit [www.rebelyells.net](http://www.rebelyells.net)



## MORE MUSIC THIS WEEK



Howl at the Wolfman: Blues legend Eddie Shaw and his Wolf Gang will be tearing up the West End Cultural Centre March 5.

## EDDIE SHAW AND THE WOLF GANG

Eddie Shaw is one of the most respected tenor and alto saxophone and harmonica players in the business. The most notable work on the Chicago native's impressive resume still remains the 17 years he spent playing alongside the legendary Howlin' Wolf. After Wolf's death in 1976, Shaw continued the band, whose current lineup includes heavyweight Tim Taylor, as well as his own son, a fellow blues guitarist.

In the bio on his website, the passionate musician explained that one can't help but change with the times when recording a new album.

"Times change ... You go in with more modern equipment and you go with more up-to-date ideas ... Every time you do a new album, you're looking for better quality, you're looking for better compositions, you know, to upgrade everything. You want everything better than it was the year before, so hopefully that's the case now."

The powerful blues man will be stopping by the West End Cultural Centre **Friday, March 5.**

—KARLENE OOTO-STUBBS



Star Trak: *The Final Frontier*: Acclaimed Virginia hip-hop duo Clipse will perform in Winnipeg in support of last year's *Til the Casket Drops*.

## CLIPSE

Meeting and working with Pharrell Williams of The Neptunes propelled the brothers of Clipse (known as Malice and Pusha T) from their humble Bronx beginnings to worldwide acclaim. The hip-hop duo has experienced a lot since 1992, from constantly shuffling labels to the indefinite shelving of their debut album. Prepare to see their name more often, as their latest album features hip-hop giants Kanye West and Pharrell himself. Battles with record companies over artistic direction have previously got the boys in trouble: "All we need the label to do is to shut up and execute and let us do what we do. So it's never any pressure; the records that we make are the records that we love," Malice said in an interview with DJBooth.net

Clipse makes a visit to the Pyramid Cabaret on **Friday, March 5**, full of hype and energy. John Smith and Charlie Fettah will host the evening. Tickets are \$25 and are available now at The Urban Bakery.

—KARLENE OOTO-STUBBS



Does this man look louder than bombs? Former Smiths bass player Andy Rourke will be spinning through town March 6.

## ANDY ROURKE

Known as the bass player of legendary '80s progressive group The Smiths, Andy Rourke will be performing as a DJ while traveling the globe. In addition to being the house DJ at New York City's Beauty Bar, Rourke also hosts his own satellite radio program.

Growing up listening to none other than home-grown talent Neil Young, Rourke's bass playing took on a distinctive style. Known for using a pick, Rourke continually pushed musical boundaries and expanded The Smiths' sound. His drug-related problems have followed him over the years and caused at least one split before The Smiths broke up for good.

Although he won't be playing bass on this tour, Rourke has a respectable following amongst club-goers. If you want see the man known for his wild ways spin some tunes, head down to the Pyramid on **Saturday, March 6**. You might just see a little bit of rock 'n' roll history in action.

—IAN MCAMMOND

VISIT [UNITER.CA/LISTINGS](http://UNITER.CA/LISTINGS) FOR MORE OF WHAT'S HAPPENING



## MUSIC LISTINGS

## Les Jupes



Winnipeg busybody Mike Petkau releases a digital single, *If This Is The Light*, from his band LES JUPES (which features a new lineup of David Schellenberg, Jesse Warkentin and Dave Meagher) at the Royal Albert on Thursday, March 11. The man behind the Record of The Week Club will also be using the show as the website launch party for his label, Head In The Sand Records. Joining Les Jupes will be SLATTERN and NOVA.

## Beatnuts



New York hip-hop legends BEATNUTS celebrate their 20th anniversary by throwing bashes across the continent. Winnipeg's will have their sample-heavy beats and party lyrics pumping in the Pyramid Cabaret. They might even show up in a Cadillac sippin' champagne. Thursday, March 11 with guests SWIGFU and DJ KINETIC.

## World Rhythm: Music for Change

World Rhythm: Music for Change is a benefit concert in its fourth year, hosted in collaboration with the Oxfam Winnipeg campus clubs at the U of W and the U of M. This year, all of the proceeds of the concert will go to Haiti through Oxfam's work in the country following the recent earthquake. Oxfam has been working in Haiti for over 32 years on grassroots initiatives and was one of the first organizations to respond and provide food, water and shelter to the Haitian people after the disaster. The evening will feature talented local artists RETRO RHYTHM REVIEW, IDRISSE TURAY, DRUM CAFE and THUNDER UNDER THE BRIDGE. Show begins at 8 p.m. on Thursday, March 11 at the West End Cultural Centre.

## THURSDAY, MARCH 4

THE CROOKED BROTHERS are performing at the Times Change(d) High and Lonesome Club.

THE F-HOLES and NATHAN have a hootenanny at the Academy. ERIC THE GREAT & THE ROUNDERS play a show at the Pyramid Cabaret.

Join the packed floor dancing to DJs ROB VILAR and MIKE in the Lo Pub at GOODFORM.

PAPA MAMBO grooves at the Current Lounge. 9 p.m.

MOONBEAM JAZZ at the King's Head.

ROUTE 59 Jam Night at the Cavern.

READYMIX with DJs DAN L and DIAL UP at Ozzy's.

JIMMY G AND THE DOO-WOPS play Jaguar's in the Club Regent Casino.

DAVID BART Celtic night at Shannon's Irish Pub.

NEIL PINTO plays at Saffron's.

## FRIDAY, MARCH 5

ANDY ROURKE of legendary band The Smiths returns to the Pyramid Cabaret for a DJ set with locals the INVISIBLE MAN and DJ CHICO.

ABSENT SOUND return to gigging after a brief hiatus, with WAR ELEPHANT, ASTROCOVEN and LEFT FOR DEAD at the Royal Albert Arms.

Nathan's KERI LATIMER performs at the Folk Exchange.

KkraakK play at the Lo Pub following a screening of Anima-Sound. 9 p.m.

Folk duo TWILIGHT HOTEL play at the Times Change(d) High and Lonesome Club.

EDDIE SHAW AND THE WOLF GANG entertain at the West End Cultural Centre.

DREADNAUT throw a tour kick-off party at the Osborne Village Zoo.

POP VEGAS performs at Jaguar's.

CLIPSE lays it down at the Pyramid Cabaret.

CHRIS CARMICHAEL plays at Shannon's Irish Pub.

DR. DAVE and KATHY KENNEDY perform at Paragon's.

DJ YOW YA spins at the Academy.

## SATURDAY, MARCH 6

REBEL YELL releases two videos and an EP at the Lo Pub, with a set by DJ COMBO.

Chicago-girl KID SISTER drops it on the dance floor at the Pantages Playhouse, featuring THE LYRICS, ERNIE BOOMS, ACTION RICK and DJ DLO.

MCCONNELL DANCERS and DISTANT SHORES celebrate St. Patrick's Day early at the Transcona Country Club. 5:30 p.m.

CON'T..

KISS cover band THE PAUL STANLEYS rock you all night long at the Academy.

VERSUS THE NOTHING, SECONDS FROM DISASTER, THE RUINED and FATTOOTH rock out at the Zoo.

Folk duo TWILIGHT HOTEL play at the Times Change(d) High and Lonesome Club.

ZMSU and DISCOVENANT take to the stage at Ozzy's.

All dubstep night at the Royal Albert with sets by 6BLOCC, PROLIFIC, REDWORM, TZE0, BILLY ROCKWELL, SW@T and DINKBRIDGE.

Solidarity Rock at the West End Cultural Centre with FALKLANDS, SUBCITY and THE SHOUTING GROUND.

POP VEGAS performs at Jaguar's.

HENDRIX TRIBUTE hosted by HOWARD MANDSHEIN at Shannon's Irish Pub.

PAPA MAMBO grooves at the Current Lounge.

VAGA BLONDE hobbles onto the stage at the Upperdeck Sports Bar.

## SUNDAY, MARCH 7

WILL BONNESS performs at the Park Theatre.

Saddle up to the bar and listen to BAD COUNTRY at the Standard.

Blues jam with BIG DAVE MCLEAN at the Times Change(d) High and Lonesome Club.

ALL THE KING'S MEN at the King's Head.

## MONDAY, MARCH 8

British rock legends THE YARDBIRDS entertain at the McPhillips Street Station Casino.

The International Women's Day Hip-Hop Show at the Lo Pub features performances by SADIE, SARATONIN, DJ LADY SPICE, MAMA CUTSWORTH and C-DUB.

The incomparable JWILLIAMEZ performs at Shannon's Irish Pub.

Watch James Brown run from the bar to the turntable at the VINYL DRIP in the Cavern.

Karaoke at the Standard.

NEIL PINTO at Shannon's Irish Pub.

## TUESDAY, MARCH 9

Flamenco guitar virtuoso JESSE COOK performs at the Burton Cummings Theatre.

Soul night with THE SOLUTIONS at the Cavern.

DEFLATED EGOS play at Shannon's Irish Pub.

THE EXPERIENCES take the stage at the Royal George Hotel.

Open-Mic Night at the Academy.

## WEDNESDAY, MARCH 10

THE MINISTERS OF COOL and NO DON'T STOP play at the Academy.

Elaborate QUEEN tribute act IT'S KINDA MAGIC bring their show to the Pantages Playhouse.

Karaoke at the Cavern.

DON'T BE SHY live open mic at the Regal Beagle.

SASSY JACK is at the Royal George.

BIG CITY FILTER play at Shannon's Irish Pub.

WILD AND WICKED WEDNESDAYS at Ozzy's.

## THURSDAY, MARCH 11

LES JUPES, NOVA and SLATTERN play at the Royal Albert Arms.

The BEATNUTS 20th anniversary tour hits the Pyramid Cabaret with guests SWIGFU and DJ KINETIC.

WORLD RHYTHM: MUSIC FOR CHANGE at the West End Cultural Centre features the RHYTHM REVIEW, IDRISSE TURAY, DRUM CAFE, and THUNDER UNDER THE BRIDGE. 7:30 p.m.

Join the packed floor dancing to DJs ROB VILAR and MIKE in the Lo Pub at GOODFORM.

JD EDWARDS is the entertainment at the Times Change(d) High and Lonesome Club.

PAUL DEGURSE performs at the Current Lounge.

MOONBEAM JAZZ at the King's Head.

ROUTE 59 Jam Night at the Cavern.

READYMIX with DJs DAN L and DIAL UP at Ozzy's.

DAVID BART Celtic night at Shannon's Irish Pub.

NEIL PINTO plays at Saffron's.

## UPCOMING SHOWS

ELECTRIC SIX at the Royal Albert Arms, March 17.

LULLABY ARKESTRA at the Royal Albert Arms, April 9.

BABY DEE at the West End Cultural Centre, April 20.

NOFX at the Burton Cummings Theatre, April 26.

ROB ZOMBIE and ALICE COOPER at the MTS Centre, April 26.

HOLLERADO and THE BESNARD LAKES at the Royal Albert Arms, April 28.

PLANTS AND ANIMALS and SAID THE WHALE at the West End Cultural Centre, April 28.

CHARLEY PRIDE at the Centennial Concert Hall, May 1.

GEORGE THOROGOOD & THE DESTROYERS at the Centennial Concert Hall, May 22.

## CD REVIEWS

## TODD HUNTER

Star

Head in the Sand Records

★★★★☆

Recorded over the course of a year, one Monday evening at a time, *Star* is the solo debut from local pop singer-songwriter Todd Hunter. Released toward the end of 2009, the 10 songs on the record are based on a period of Hunter's life when he faced a mystery illness that doctors could not diagnose. From *Sit Around* - a short, simple song about being too tired to do anything - to *Do That*, a joyous song about embracing one's life - Hunter chronicles his experience from health to sickness and back again. Standout tracks include *You Are a Star*, with its dance floor pulse and spacey keyboard break, and the aforementioned *Do That*, a triumphant song that would have come off as cheesy in the hands of a lesser artist. Produced, engineered and mixed by Mike Petkau, *Star* is essential, local listening.

-Aaron Epp



## THE IDGETS

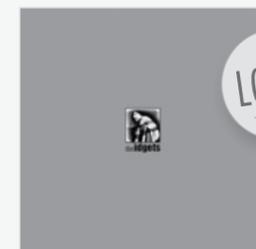
New Is The New Old

Independent

★★★★☆

On the follow-up to their 2007 debut EP *Come On*, The Idgets return with a collection of 10 rock songs that are radio-ready, if not terribly inventive. Shawn Bergen should be commended for not only writing all the songs, singing all the vocals and playing almost all of the guitar and bass tracks, but also for producing, recording and mixing the disc. It's hard to tell which hat he wears best; this is one I-did-almost-everything-myself recording that stands head and shoulders above most others. But ultimately, there's not much here rock fans won't have heard before. Other than *It's All True (Except the Facts)* - a killer track that I can't get out of my head - it's hard to get excited about *New Is The New Old*.

-Aaron Epp



## JENNY WHITELEY

Forgive or Forget

Black Hen Music

★★☆☆☆

*Forgive or Forget* is a fairly standard, cutesy, bluegrass/country album, comparable to Sarah Harmer. Jenny Whiteley, however, has some impressive credentials with two Juno Awards for Best Roots and Traditional Album of the Year, three Juno nominations and nearly a decade with country band Heartbreak Hill. Although Whiteley's vocals can be smooth and soothing, most melodies are conservative and predictable, with thoroughly enunciated lyrics, like "To beat the blues / I've worn out my shoes" and "I fill my days / A million ways." These are contrasted with unnecessary fatalistic phrases, like "Why don't you get out while you can" and "It's a ripple effect / We all get wet." It's worth a listen if you're a bluegrass fan, but considering *Forgive or Forget* is often vague despite being highly recognized - I'm not sure why I'd care.

-Lynnette McLarty



## MUTINY WITHIN

Mutiny Within

Roadrunner Records

★★★★☆

"The future of metal has arrived" is loudly proclaimed on the cover sticker of this New Jersey-born metal band. Yes, it did, in 1984 when Finland's Stratovarius formed. Or maybe in '99, when Sonata Arctica took inspiration from their country-mates and came to be. In other words, this might sound very familiar to fans of the above bands, save for one rather disjointed element: the incorporation of American metalcore influences. Therefore, you have campy power metal rubbing elbows with Yankee bro-core. Ew. This is listenable, certainly. There are even enjoyable elements, occasionally. But to call this album "the future of metal" would leave me otherwise very worried about the state of the metalhead union. - if it wasn't so utterly forgettable, that is.

-Ryan Suche



## THE PACK A.D.

Crazy

Mint Records

★★★★☆

This first single from the Vancouver duo The Pack A.D.'s upcoming third album, *We Kill Computers*, packs a real wallop. From the first notes of its droning bass line, it's clear the girls, whose previous albums filled rooms with their weighty blues anthems, have now moved into new territory. While *Crazy* is not nearly the strongest offering on this furious riff-heavy record, it is a welcome signpost that the new direction the band has chosen may be the right one. Though the track loses points for its first half's eerie similarity to The White Stripes' *Hardest Button To Button*, it earns them all back with its latter portion's generous use of cowbell. *We Kill Computers* drops Tuesday, April 27. Mark your calendars. Meanwhile, download *Crazy* for free at [www.tinyurl.com/packadmp3](http://www.tinyurl.com/packadmp3).

-Sam Hagenlocher



# Distracted by life

Keri Latimer on being a mom, going solo and the deal with Nathan

MIKE DUERKSEN  
VOLUNTEER STAFF

It's been close to three years since acclaimed local roots outfit Nathan released *Key Principles* and snagged a Juno award for its tender, haunting melodies. These days, the band can be seen playing large festivals in Australia, various gigs around town and even the upcoming Paralympics.

But what about a new album?

"There will be one, but who knows when?" endearing singer-songwriter Keri Latimer said in a recent phone interview, speaking from her Winnipeg home. "We pretty much slowed down quite a bit. We haven't been actively writing for a new album yet or anything."

That's because most members of the band are focusing on other things in life — like jobs and gardens. And kids.

Latimer — who was seven months pregnant when recording *Key Principles* — is now a mother of



Nathan vocalist/guitarist Keri Latimer will begin recording her first solo album this summer.

two.

"Being a mom is interesting. It's a challenge, but it's totally fulfilling," the 40-year-old said. "And all the clichés are true: it's the best thing in the world!"

But it's also changed the way

Latimer approaches music — both at the writing stage and on the road.

"It's made touring a little bit more pleasant. You're a little less self-involved," Latimer said. "You get to go out each night and have your show, but then you get to be

with your kids all day long. You don't go out and party all night long, so you're healthier."

The challenge in caring for the delicate creatures, however, comes when the muse strikes. Latimer says she's no longer able to drop ev-

erything and capture a melody or a lyric when inspiration hits her.

"Having to suppress my creative impulses a little bit, that's hard," she admitted.

Still, she's been writing incessantly and is working on her first solo record that will see the songstress explore the trials and tribulations of her new motherhood role.

What's to be expected?

"It's probably going to be more of an intimate, stripped-down record," she said. "I'm stuck in the roots."

Latimer is currently demoing the new material but will hit the studio come summer with a projected release date sometime before year end.

As for Nathan, Latimer is confident we haven't heard the last of them yet.

"We all love playing together. We go at a pace that works for everybody. We're not in a rush to get anything out soon, but I'm sure we're all going to play together for years and years to come. For now, we're just distracted by life."

⇒ See Keri Latimer Friday, March 5 at the Folk Exchange

⇒ Tickets \$10 advance at the Winnipeg Folk Festival Store / \$12 at the door

⇒ Check out [www.nathanmusic.ca](http://www.nathanmusic.ca)

# Devine correspondence

Toronto Ojibwa artist Bonnie Devine draws audiences into her personal tales of home in her latest exhibition

SUZANNE PRINGLE  
VOLUNTEER

Toronto-based artist Bonnie Devine takes a multidisciplinary approach to her work. She is a member of the Serpent River First Nation of Northern Ontario (Ojibwa). She acts as writer, curator, photographer and new media and visual artist, creating contemporary works which focus on aboriginal heritage and culture.

Her newest installation, *Writing Home*, is currently on display at Urban Shaman Gallery in Winnipeg and runs until Saturday, March 27.

The exhibition combines video, glass impressions, photographs and written text on paper interwoven with red thread.

Through this highly-personal artistic display, she actualizes her correspondence home, using sounds, text, images and sculptural impressions to invite viewers into the very geography of the land (Serpent River, mainly) to which she is akin.

"*Writing Home* is very personal, but it has a strong historical element in the text components," Devine wrote in an e-mail from her home in Toronto.

"It originated at Gallery Connexion in Fredericton and was programmed by former Urban Shaman director K.C. Adams," she explained when asked how she decided to exhibit the show in Winnipeg. "I suppose she saw something interesting in it."

"This is my second exhibition at Urban Shaman. I showed *Stories from the Shield* in 2004."

History and culture are evidently integral to Devine's work.

As a professor at the Ontario College of Art and Design, she

teaches and is the director of the Aboriginal Visual Culture Program.

Her expertise and background informs her work, which has been shown in various locales across the United States and Canada, including a two-year national tour of the curatorial project *The Drawings and Paintings of Daphne Odjig: A Retrospective Exhibition*.

Her recent international credit comprises a screening of her most recent video, *A Grim Fairy Tale*, at the 2009 Berlin Film Festival.

As an aboriginal educator and artist, she is pleased at the prospect of an aboriginal component in the pending Canadian Museum for Human Rights, set to open in Winnipeg. Whether or not that component will include any of her work or her involvement, Devine won't say.

"I don't have any plans for [that] right now."

Visit *Urban Shaman* at 203-290 McDermot Ave. or online at [www.urbanshaman.org](http://www.urbanshaman.org).

# It's like *The Deer Hunter*, but sexy

Chatroulette.com, like speed dating, offers quantity over quality

MIKE KENDRICK  
THE GATEWAY

EDMONTON (CUP) — There's always a rush in spinning a roulette wheel, banking on odds governed only by the sheer will of the fates. Chatroulette takes that thrill and offers a strangely voyeuristic web experience.

The premise: click the "Play" button on Chatroulette.com and you're randomly paired with one of the thousands of Internet strangers logged in with you.

The twist: in addition to a one-on-one chat room, video and audio are the main focus, offering a brief glance into another individual's physical space. If you decide that you don't like who you've been matched with, simply click the "Next" button — with a user base now well into the tens of thousands, there are no repercussions for basing an impression solely on a first glance. The site isn't without its share of unfiltered web content, either. Like predecessors, Chatroulette blazes a new frontier where users and content arrive before moderation.

As a result, it's not uncommon

to be subjected to a variety of mature imagery, including goatse and tubgirl shock images, and hundreds of faceless men who'd prefer to introduce themselves by beating their meat instead of shaking your hand.

That said, if you're at all acquainted with the net's lewdest content, it's nothing you haven't seen before. In fact, much of the fun can come from out-trolling the trolls, donning masks — literal or otherwise — and playing characters in a fleeting interaction that's sure to only last a few minutes before vanishing into the ether.

Even better — beyond all of the cocks, shocks and lolcats, it's still possible to meet an interesting stranger and have a decent conversation about anything from the weather, to politics, to an obscure band that only you and seven other people have heard of.

In this sense, it's the ultimate icebreaker: a consequence-free, no-strings-attached conversation generator that works a hell of a lot better than practising in front of a mirror.

## CORRECTION:

In the Feb. 25 Woodhands profile "For your entertainment" (page 11), Dan Werb's last name was misspelled.

We regret the error.

## The Uniter: Did you know?

...New blogs are posted daily at [www.uniter.ca](http://www.uniter.ca).

...You can follow us on Twitter: [www.twitter.com/TheUniter](http://www.twitter.com/TheUniter).

...We're publishing two summer issues after April 1: one in mid-May and one at the end of June.

...We're hiring. Go to [www.uniter.ca/jobs](http://www.uniter.ca/jobs) for more info.

## GALLERIES &amp; MUSEUMS

Handsome artist Adrian Williams is showing an exhibition of brand new works at Golden City Fine Art until Friday, March 26. The opening party commences at 7:30 on Friday, March 5.

All hands on deck! Come to the Winnipeg Art Gallery dressed nautically on Saturday, March 20 for ART & SOUL: MANITOBA OVERBOARD, a celebration of Manitoba's artistic history. 8 p.m.

Monique Larouche's paintings in the series PAYSAGES D'OISEAU or BIRDS LANDSCAPES will be on display at the Wayne Arthur Gallery until Wednesday, March 31. There will be an opening reception on Thursday, March 4 from 5 to 7 p.m.

The ART OF WARNER BROTHERS CARTOONS is a collection of classic WB images, opening Friday, March 5 at the Winnipeg Art Gallery and running until Tuesday, March 30.

THE BEATLES! BACKSTAGE AND BEHIND THE SCENES is an opportunity for Fab Four fanatics to see the collection of unpublished photographs of the Beatles. On display at the Manitoba Museum until Sunday, April 11.

Mayberry Fine Art presents 5 NEW ARTISTS, featuring works by HASHIM HANNOON, TERRY WATKINSON, MANDY BUDAN, CELIA NEUBAUER and NIKOL HASKOVA. The works will be on display until Saturday, March 13.

WRITING HOME, the art of Bonnie Devine, is showing alongside the works of artist John Hupfield, BECOMING UNWRITTEN. Both exhibits will be on display at the Urban Shaman Gallery until Saturday, March 27.

Artist TONY SCHERMAN's encaustic paintings will be on display at the Winnipeg Art Gallery until Sunday, March 14. He will give a talk at the WAG on Thursday, March 4 at 7 p.m.

The High Octane Gallery in the lobby of the Gas Station Theatre presents IRON MAIDENS by Arlea Ashcroft.

Celebrate the colour of winter with the Manitoba Crafts Museum and Library's exhibit WHITE WORKS. Artists work in a variety of mediums but no colours. The exhibit will be on display until the snow fades to brown dirt in early May.

The Costume Museum of Canada will display bridal wear from the First and Second World Wars in their exhibition WARTIME WEDDINGS. Teaming up with the Urban Shaman Gallery and Jenny Western, the Museum will also put on display a collection of NATIVE/AMERICAN APPAREL. Both exhibits run until Sunday, April 4.



The Winnipeg Art Gallery hosts DELICATE BEAUTY: THE RUBY ASHDOWN PORCELAIN COLLECTION. These decorative art pieces were donated to the WAG by Ruby Ashdown and come from 18th and 19th century Britain. The exhibition is on display until Sunday, April 18.

The Winnipeg Art Gallery presents RICHARD HARRINGTON: ARCTIC EXPLORER until Sunday, March 14.

15 MINUTES is a showcase of local art happening the first Thursday of every month at the Winnipeg Art Gallery. Local artists can submit their work for the series to art-educator@wag.ca.

## THEATRE, DANCE &amp; COMEDY

The Royal Winnipeg Ballet's production of SWAN LAKE runs from Wednesday, March 10 until Sunday, March 14 at the Centennial Concert Hall.

Bertolt Brecht's play MOTHER COURAGE AND HER CHILDREN will be at the Manitoba Theatre Company's mainstage until Saturday, March 6.

Adhere and Deny is presenting STILL WALKING in its pocket theatre at 315-70 Albert St. from Wednesday, March 17 until Saturday, March 20 and Wednesday, March 24 until Saturday, March 27, 8 p.m. nightly.

Daniel Thau-Eleff's play REMEMBER THE NIGHT is being staged by the Moving Target Theatre Company until Sunday, March 14 at 8 p.m. nightly.

The highly theatrical tribute show QUEEN - IT'S A KINDA MAGIC salutes the classic British rock group at the Pantages Playhouse on Wednesday, March 10. 8 p.m.

DANCING WITH THE DOCTOR features artist Sarah Anne Johnson's first performance work, at Ace Art until Friday, March 5.

The world premiere of LOOKING BACK - WEST performed by the Manitoba Theatre Company will be onstage in the Tom Hendry Theatre at the MTC Warehouse until Saturday, March 6.

PUNCHLINES FOR PEACE, the Israeli-Palestinian Comedy Tour, laughs its way into the West End Cultural Centre on Thursday, March 4 at 8 p.m.

Comedy night with SCOOTS MCTAVISH every Thursday at Shannon's Irish Pub.

Sunday night open mic comedy at the Cavern, featuring JOHN B. DUFF.

Every Tuesday night head down to the Kings Head Pub for a free comedy performance.

# Theatre of the impressed

## Playwright Daniel Thau-Eleff retools his acclaimed play *Remember the Night*

SAM HAGENLOCHER  
ARTS & CULTURE EDITOR

Three years ago, 26-year-old playwright and University of Winnipeg graduate Daniel Thau-Eleff boldly took the stage in Winnipeg and presented a challenge.

It was the Fringe Theatre Festival, and the play, if you want to call it that, was *Sex?: An Interactive Theatre Experience*.

The idea was simple: instead of writing a play about sex, why not turn the mic over to the audience and let them have their say?

*Sex?*, which Thau-Eleff created with fellow graduate Loc Lu, was based on the Theatre of the Oppressed, an interactive style of theatre developed in the '70s by Brazilian director Augusto Boal.

Boal believed that theatre could, and should, serve as a forum for teaching people, allowing them to overcome their fears while learning about their collective experiences to better their lives.

For Thau-Eleff and Lu, the show was an often nerve-racking experience, not knowing who would show up or what they would say or do when given the chance.

Audiences were strongly divided on the show, with some notable critics panning the show as a failed experiment, while others aggressively spread the word of how the experience had impacted their lives in a very personal way.

"It was very strange. We were moving in



Actor Andrew Cecon performs in Daniel Thau-Eleff's dark comedy hit *Remember the Night*, playing now until March 14 at 290 McDermot Ave.

completely new territory. Once the bad reviews came out, audiences dropped. But then those who had seen the show started telling their friends about it, and it began to rise again. You really couldn't predict who would show up when. Sometimes we were dealing with eight people, and sometimes 50," Thau-Eleff explained.

"It was an experiment. Everything I do is an experiment. I think theatre should always be an experiment. There should always be a risk that's being taken."

Thau-Eleff, now 29, has been in preparation for months with his latest production *Remember the Night*, a play that is uniquely Winnipeg.

*Night*, which Thau-Eleff wrote shortly after *Sex?*, was first performed at the Fringe Festival the following year, to a much different response.

The play is a murder-mystery, dark-comedy and touching romance all in one, and was met with almost universal praise at its outset.

"[Thau-Eleff] mixes Woody Allen-style laughs with Tarantino-esque structure," a writer for the CBC raved in one particular five-star review.

With strong word-of-mouth, the show sold out its entire run, with many festivalgoers waiting hours in line hoping to grab a ticket.

A year-and-a-half later, Thau-Eleff, a little wiser, has pulled out all the stops with the upcoming run, hoping that this will be the show's definitive production.

"I went back and rewrote a number of parts, adding a few things, and basically made the play as cohesive as it could be. The actors are the same, but older. I'm able to do a lot of things with the show now, because it's completely independent, that I wasn't able to do before. It's exciting," Thau-Eleff said.

In 2008, *Night* played at the 65-seat Rudolf Rocker Cultural Centre, a tight venue to say the least.

With its new space on McDermot, the show will now have room to breathe, as well as expand.

"It's a completely different setup. Whenever you do a show, you're looking at the venue and seeing how you can adapt it to use the space. We're doing that again here, it's just a much larger space to fill."

*Remember The Night* runs until March 14 at 290 McDermot Ave. (4th floor) Visit [www.rememberthenight.ca](http://www.rememberthenight.ca)

## THEATRE REVIEW

## An endearing look Back

### Playwright Robert Lewis Vaughan's one-man show is a moving and effective performance

SAGAN MORROW  
STAFF WRITER

#### Looking Back - West

Directed by Steven Schipper  
Presented by Manitoba Theatre Centre  
Plays at the Tom Hendry Theatre (Warehouse) until Saturday, March 6.  
★★★★☆

The set of the world premiere of *Looking Back - West* at the MTC Warehouse Theatre is striking to say the least. A large war monument in the centre of the stage is framed by two simple picnic benches against a backdrop of screens portraying the peaceful greenery of New York City's Madison Square Park. This human construction of nature, along with the contrast between the intimidating monument and the quiet park, dominates the themes throughout Robert Lewis Vaughan's bittersweet play.

The one-man play follows young teenager Perry for a period during his life when he runs away from home and his abusive father. The entire show is narrated by Perry himself. It is a testament to the skill of the playwright, of director Steven Schipper and of actor Eric Blais (played by Carmen Melillo on alternating nights) that the audience can "see" each imaginative scene as it happens. All that is really seen is the man holding a drink and moving from standing to seated positions as he tells his story.

Blais is convincing as young Perry, an innocent boy forced to deal with harsh adult realities before his time. The nervous ticks of

finger tapping and leg shaking are spot on, as are Blais's change in tone and word choice, depending on which part of the story he is recounting.

An endearing personality with a love of animals and a longing for friendship, Perry's character makes the audience laugh, smile and sigh in empathy. It is a highly emotive performance capturing the hardships that even the young must face.

The script conveys raw emotion within its enrapturing narrative form. Playwright Robert Lewis Vaughan uses an effective conversational writing style. Even though a few of the lines border on cliché, overall, the writing flows so gracefully that the audience can easily lose themselves in the sad yet inspiring tale. Although Blais fumbled a couple lines in the second act, his delivery in the first act was perfect, and he performed with such feeling that the slips did not detract from the play.

*Looking Back - West* reminds us that there is always more to people than what we see on the surface and that no matter how dark some moments of our lives may be, there is always hope that we will rise from it stronger and more capable than before.



Eric Blais as Perry in *Looking Back - West*, now at the Tom Hendry Theatre.

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## FILM REVIEW

# This one belongs at the Oscars

Lee Daniels' gritty and startling film *Precious* deserves its moment in the spotlight

TIM PENNER  
VOLUNTEER STAFF

## Precious

Directed by Lee Daniels, 2009

109 mins

Playing at the Cinematheque Friday, March 5, Sunday, March 7, Wednesday, March 10 and Thursday, March 11 at 7 p.m.

★★★★★

On every year's Best Picture Oscar list there are films which obviously belong and films which do not. With the change in rules this year to 10 nominees, there are far more of the latter than in previous years. Thankfully, Lee Daniels' film *Precious* is decidedly the former.

You won't find any 3D special effects, no overwrought pseudo-documentary style and no saccharine over-scored sentimental moments here. Instead, you'll find what many of the other films on this year's Best Picture list lack: strong, compelling characters brought to life by startling performances and gritty realism. It's a welcome change.

*Precious* (bravely portrayed by Gabourey Sidibe) is 16, illiterate, poor and living in a Harlem slum. On top of that, she is pregnant with her second child by her father. Her abusive mother (Mo'Nique) shuts herself in all day watching television and collecting welfare cheques. *Precious*'s only respite from her life comes through the few hours a day she spends at school and in her frequent daydreams.



Newcomer Gabourey Sidibe plays the pregnant and illiterate title character in Lee Daniel's emotional film *Precious*.

She indulges in fantasies of being a dancer, a singer or a movie star. She hopes that one day her math teacher will marry her and take her to live with him in Westchester. But just as quickly and unpredictably as these fantasies start, they come to an end and the harsh reality of her existence returns.

Not all of the performances are great. When *Precious* is expelled and sent to an alternative school, she encounters an almost Bing Crosby-esque saintly lesbian teacher named Blu Rain (Paula Patton). Rain becomes *Precious*'s benevolent guardian angel as she does everything she can to make sure that *Precious* has a place to live and has support for her two children (one of which has Down syndrome). Her positivity is a welcome alternative to the waves of negative en-

ergy coming off the screen, but she could use a little more depth.

One of the most pleasant surprises of this year's awards season has to be Mariah Carey's stripped down and subtle performance as *Precious*'s social worker. It nearly makes us forget that she was involved in a little disaster called *Glitter*.

Also noteworthy is Daniels's direction. He captures the desolation of the late-'80s ghetto without glorifying or exploiting poverty. His use of frequent flashbacks and fantasy keeps the audience on their toes and goes a long way in his deep exploration of this central character. Daniels's *Precious* is, in the best meaning of the word, exactly that.

## Q&A: Ask Kathleen

THE UNITER'S RESIDENT FASHION FANATIC  
ANSWERS YOUR QUESTIONS ABOUT CLOTHES

KATHLEEN CERRER  
STAFF WRITER

Are knee-high socks with a skirt still fashionable to wear?

—*Sock It To Me*

I would have to say no to this one. The way socks cut off at the knee isn't flattering and makes the body appear shorter. If you want to show off funky socks, try patterned hosiery in lace, polka dots or stripes. Opaque or sheer black and grey suits every body type and is versatile enough to wear with skirts of all lengths, colours and textures. It's best to leave this look behind, unless you plan on hitting the roller rink or attending a theme party.

How can I pack light yet fashionable when going away on vacation?

—*More for the Minimalist*

Getaways to warm destinations are popular this time of year and just a few items can take you from beach to boardwalk. A loose-fitting, off-the-shoulder T-shirt is great for wearing over your bathing suit or to pair with shorts and high wedge sandals. Dresses in light, breathable fabrics in bold vibrant patterns can make for bathing suit cover-ups and can be dressed up with jewelry for dinner on the beach. Shirt dresses in khaki colors or lighter denim washes are a beach-friendly yet classic look to wear in hot destinations as well.

What kind of attire is appropriate for Casual Fridays?

—*Working Without a Look*

Casual Friday is a day where you can be less formal but still remain professional in your workplace attire. I suggest a plain tee with cardigan or v-neck sweater paired with dark denim jeans for men. Another option



Knee-high socks are a faux pas, according to fashion fanatic Kathleen Cerrer.

is a wool or corduroy blazer over a plain or printed tee. For women, a similar look with a fitted cardigan, or playing up this simple look with a sequined or studded tank.

Which colours flatter a pale complexion?

—*Confused with Hues*

There are different types of pale skin which range from warm and cool undertones. Usually people with brunette to red hair colouring have warm undertones which look great in bold dark colours, such as navy or green, which compliment their skin and don't wash them out like pink or coral would. Cooler undertones for fair skin would include blondes and some brunettes with light eyes. Earth tones in make-up (brown, gold, peach) make blue eyes pop, and clothing choices can include ivory, red or turquoise.

What is the best fabric to look for when purchasing a suit?

—*Dressed to Impress*

For those of you who are preparing for a year of black-tie events, here is an overview of suit materials. You can determine which is best for you.

**Cotton:** Best for spring and summer wear since it's practical and keeps you cool. Easy to maintain as it's machine washable.

**Wool:** Durable and comfortable, most modern suits are made with a form of wool fabric. Wool suits will most likely last longer and can be worn through all four seasons.

**Linen:** Excellent for warmer climates and exudes a casual yet classic look. Light weight and breathable, but creases easily.

**Flannel:** Warm, durable and is worn best in winter. It is becoming more difficult to find as the fabric is hard to maintain and wears away over time.

Do you have a question for Kathleen? Send it to [arts@uniter.ca](mailto:arts@uniter.ca).

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## FILM

Political pranksters The Yes Men take a look at our economic system by posing as top executives and shifting the stock market, hilariously. **THE YES MEN SAVE THE WORLD** plays at Cinematheque Friday, March 5 at 9 p.m., Saturday, March 6 at 11:30 p.m., Wednesday, March 10 at 9 p.m. and Thursday, March 11 at 9 p.m.



Join the Dude on Saturday, March 6 for **LEBOWSKIPALOOZA**, a screening of the classic Coen brothers comedy, with trivia, costumes and games. Proceeds from the event at the Garrick Theatre will go to support the Alzheimer Society of Manitoba.

Filmmakers Alex Mackenzie (Vancouver) and Heidi Phillips (Winnipeg) will perform new work, each working with their own tools. Alex uses hand-processed loops and rare analytic projectors while Heidi continues to work with found footage, working in scratch marks and chemical spills to escape the slick production look of modern technology. Saturday, March 6 at Cinematheque at 7 p.m.

The CINEMA LOUNGE series at Cinematheque explores Canadian film. On Saturday, March 6 four films by experimental Vancouver artists will screen as **THE WESTERN INFLUENCE**. 9 p.m.

The Winnipeg International Jewish Film Festival runs from Monday, March 15 to Saturday, March 27. Visit [www.radyjcc.com](http://www.radyjcc.com) for information on films and showtimes.

Big Smash Productions presents **ANIMA-SOUND: EUROPA TOURNEE MIT 20KM/H**, a tour doc from a Krautrock husband and wife duo in 1971. There will be a performance by local group KkraakK following the screening at the Lo Pub on Friday, March 5 at 9 p.m.

**THE MOST DANGEROUS MAN IN AMERICA: DANIEL ELLSBERG AND THE PENTAGON PAPERS** tells the story of a man wracked with guilt over the Vietnam War until he decides to turn over top secret government papers to *The New York Times*. Playing at Cinematheque Thursday, March 4 at 7 p.m.

Set in Harlem in 1987, the film **PRECIOUS** is a tale about one's capacity to overcome when faced with terrible realities. Playing at Cinematheque Friday, March 5, Sunday, March 7, Wednesday, March 10 and Thursday, March 11 at 7 p.m. nightly.

Handsome artist Adrian Williams is showing an exhibition of brand new works at Golden City Fine Art until Friday, March 26. The opening party commences at 7:30 on Friday, March 5.

Local band **REBEL YELL** debut their videos for Kitchen Party and Dayoh on Saturday, March 6 at the Lo Pub. 9 p.m.

The Canadian Women for Women in Afganistan will be hosting a film festival on Monday, March 8 in the University of Winnipeg's Eckhardt-Gramatté Hall. Shows at 4 and 6 p.m.

**FREEZE FRAME**, the international film festival for kids of all ages, takes place from Thursday, March 4 to Saturday, March 13 at various Winnipeg locations. Visit [www.freezeonline.org](http://www.freezeonline.org) for details.

There is a call for submissions to the 8th annual University of Winnipeg Student Film Festival. Forms can be picked up at the UWSA info booth. Deadline is Monday, April 5 at 4 p.m. The films will be screened at the festival from Wednesday, April 23 to Friday, April 25.

Teenagers love horror films, so here's a chance to enrol your kids aged 14-18 in a film criticism course on some classic flicks. The program will take place from Tuesday, March 30 until Thursday, April 1 at Aqua Books. For more information, visit the Miskatonic Institute of Horror Studies at [www.big-smash.com](http://www.big-smash.com).

## LITERATURE

Aqua Books presents a writer's workshop with Jake MacDonald entitled **WRITING YOUR LIFE** on Thursday, March 4, Wednesday, March 10, Thursday, March 11 and Saturday, March 13 at 8 p.m.

Join Katherine Bitney, Sid Robinovitch and Ken Gregory as they workshop text, sound and music inspired and collected during the first year of the **BOREALITY PROJECT**. Tuesday, March 9 at Aqua Books. 7 p.m.

Giller award winning novelist David Bergen will give the talk **LEARNING TO WRITE** on Thursday, March 4 in Convocation Hall at the University of Winnipeg. 7 p.m.

Author Mark Burch will talk about living a simpler life in his educational series **STEPPING LIGHTLY**. Saturday, March 6 at Aqua Books. 7:30 p.m.

The 2010 Prairie Fire Press and McNally Robinson Booksellers Literary Contests will be awarding \$6,000 in cash prizes. For full contest rules or more information visit [www.prairiefire.ca](http://www.prairiefire.ca) or call (204) 943-9066.

# AWARDS & FINANCIAL AID

The Awards and Financial Aid staff of the University of Winnipeg provides the student body with current information on award opportunities. This information is updated weekly.

## THE UNIVERSITY OF WINNIPEG AWARDS:

<http://www.uwinnipeg.ca/index/services-awards>

## GRADUATE & PROFESSIONAL STUDIES APPLICATION EXPENSES BURSARY

The purpose of this bursary fund is to provide some assistance to students with respect to the high costs associated with applying to Graduate and Professional Schools. Application forms are available from the Awards & Financial Aid Office in Student Services (first floor Graham Hall) or on our website. Students may apply any time during the Fall/Winter academic year, provided that funding is available for this bursary. Applications will be evaluated on a first-come, first-serve basis.

## AWARDS OFFERED BY EXTERNAL AGENCIES AND ORGANIZATIONS:

### AUCC AWARDS

The Association of Universities and Colleges of Canada provides 150 scholarship programs on behalf of the Federal Government, domestic and foreign agencies, and private sector companies. Check out their website [www.aucc.ca](http://www.aucc.ca) and look under the heading Scholarships and Internships for Canadian Students.

**Deadlines:** Various

### IDRC/CRDI AWARDS

The International Development Research Centre (IDRC) is a Canadian crown corporation that works in close collaboration with researchers from the developing world in their search for the means to build healthier, more equitable and more prosperous societies. Various research and academic awards are available for application. Please visit their website for more information on their award programs: [www.idrc.ca/awards](http://www.idrc.ca/awards).

### DALTON CAMP AWARD

Established by Friends of Canadian Broadcasting in 2002, the Dalton Camp Award honours the memory of the late Dalton Camp, a distinguished commentator on Canadian public affairs. Each year up to two Canadians are selected to win a \$5,000 prize for excellence in essay writing on the link between democratic values and the media in Canada. To apply visit: [www.daltoncampaward.ca](http://www.daltoncampaward.ca).

**Deadline:** March 15, 2010

## LEONARD FOUNDATION FINANCIAL ASSISTANCE PROGRAM

The Leonard Foundation scholarships are awarded to students enrolled or enrolling in an accredited undergraduate degree program in a college or university in Canada. Applicants must be Canadian citizens or landed immigrants. Students must be enrolled in their first undergraduate program as a full-time student. Only students pursuing a B.Ed. or M.Div. are eligible for continuing support. All applicants will be considered but preference will be given to daughters or sons of ordained clergy, licensed elementary or secondary school teachers, Canadian military personnel, graduates of a Canadian Military College, members of the Engineering Institute of Canada and members of the Mining and Metallurgical Institute of Canada. Preference is also given to those who have previously received an award from the Leonard Foundation.

The value of the award is usually \$1,000 for those who do not need to set up a second residence to attend university and \$1,500 for those who do. These amounts may vary according to the final decisions of the General Committee. Approximately 140 awards are made annually. Successful applicants are expected to obtain employment during free time to help defray the costs of their education. In addition, they must participate regularly in athletic, fitness or military activities. Personal qualities showing a potential for leadership are also a requirement. Please visit their website to apply: [www.leonardfnd.org](http://www.leonardfnd.org).

NOTE: You must also contact a nominator before submitting an application. The list of nominators is on their website.

**Deadline:** March 15, 2010

## THE CANADIAN-SCANDINAVIAN FOUNDATION BURSARIES

The Canadian-Scandinavian Foundation invites applications for 2009-2010 Bursaries of \$500 to \$1,000 (at the discretion of the jury) to facilitate study in Denmark, Iceland, Faroe Islands, Finland, Norway or Sweden. Applicants must be Canadian citizens or landed immigrants registered in a Bachelor's, Master's or Doctoral program or equivalent in Canada. Applicants' proposed program of study in Scandinavia must be pursued at a recognized/accredited post-secondary educational institution or equivalent. Due to the limited annual varying number of bursaries, selection is very competitive and based primarily upon Nordic relevance of the proposed program of study, as well as applicants' academic records, references and support material (if applicable). In your application, please describe why it is important or even essential to undertake your studies in one of the Nordic countries as opposed to elsewhere in the world. Successful

applicants will be required to provide proof of travel, such as a boarding pass, and submit a brief report upon completion of their project, as well as recognize the contribution of CSF whenever possible. Application forms are available from their website [www.canada-scandinavia.ca](http://www.canada-scandinavia.ca) or from the Awards & Financial Aid office on the first floor of Graham Hall.

**Deadline:** March 15, 2010

**Please note:** the application deadline of March 15, 2010 is for studies undertaken in Summer 2009 (retroactive), Fall semester 2009 (retroactive) and Winter semester 2010 (current) ONLY. For future studies in Summer 2010 and beyond, another deadline will be announced at a later time.

## THE MILLER THOMSON FOUNDATION NATIONAL SCHOLARSHIP PROGRAMME

The purpose of this program is to encourage and promote the attainment of higher educational goals for individuals who have demonstrated a high level of academic achievement, have made a positive contribution to their school through involvement in extracurricular activities and have made significant contributions of time and energy to community service programs. This scholarship program is a long-term, ongoing initiative funded by The Miller Thomson Foundation. It annually awards one-year scholarships of approximately \$1,000 to 200 recipients within Canada. The number of scholarships and the dollar amount is determined annually by the Foundation's Board of Governors. Only students attending a Canadian secondary school, currently in their final year of high school and who will be attending a post-secondary institution in the fall to pursue a course of study within Canada leading to a degree or diploma from the accredited community college or university of their choice. Applicants must obtain a secondary school diploma. Quebec students should apply in their final year of CEGEP planning on attending a Canadian university. Commencing Dec. 1, 2009, students must submit their application form online via our website at [www.millertomson.com](http://www.millertomson.com).

**Deadline:** March 15, 2010

## CANADIAN NORTHERN STUDIES TRUST AWARD

The Canadian Northern Studies Trust (CNST) is the awards program of the Association of Canadian Universities for Northern Studies (ACUNS). It was established in 1982 to further the ACUNS mandate to advance knowledge and understanding of Canada's North by offering student awards for exceptional, northern-based research. The purpose of the CNST is to foster scholars and scientists with northern experience and, at the same time, enhance educational opportunities available for northern residents to obtain post-secondary education at Canadian colleges and universities.

**Northern Resident Award** - The Northern Scientific Training Program is sponsoring eight scholarships, valued at \$5,000 each, for students identified as long-term residents of Nunavut, Northwest Territories, Yukon or the Provincial North, enrolled in full-time, post-secondary programs at the undergraduate level at a Canadian college or university.

**Northern Resident Scholarship** - The Northern Scientific Training Program is sponsoring four scholarships, valued at \$10,000 each, for students identified as long-term residents of Nunavut, Northwest Territories, Yukon or the Provincial North, currently enrolled in master or doctoral-level programs at a Canadian university.

For more information or to obtain an application form, please visit their website: [www.acuns.ca](http://www.acuns.ca)

**Deadline:** March 17, 2010

## RABIN SCHOLARSHIP FUND FOR THE ADVANCEMENT OF PEACE & TOLERANCE 2010-2011

This award of \$13,000 US provides an opportunity to spend one academic year in Jerusalem, Israel at the Hebrew University of Jerusalem. Applicants must be Canadian citizens and enrolled in an accredited doctoral or post-doctoral program focusing on areas relating to the pursuit of peace and/or the enhancement of peaceful forms of social life. For further information or to receive an application package, please call 1-888-HEBREWU or 1-416-485-8000.

Fax: 416-485-8565  
E-mail: [admissions@cfhu.org](mailto:admissions@cfhu.org)  
Website: [www.cfhu.org](http://www.cfhu.org)

**Deadline:** March 25, 2010

## SIRC RESEARCH DEVELOPMENT AWARD

The 2010 SIRC Research Development Award designed to encourage development of research writing skills with an emphasis on preparing research reports that are comprehensive and yet can be disseminated and understood throughout the sporting community. SIRC invites Canadian undergraduate students to submit their literature review research papers in consideration for the 2010 SIRC Research Development Award. Winners will receive \$1,000 each, as well as media exposure throughout the Canadian academic and sporting community. This year the 2010 SIRC

Research Development Award has two categories. Your submission must fall into one of these two categories: Health and Sport or Participation and Sport.

### Eligibility:

- The applicant must be a Canadian citizen currently enrolled in an undergraduate program at a Canadian university or college.
- Your paper must be written in English or French.
- Your paper must be a minimum of 2,500 words and up to a maximum of 3,000 words (excluding references).
- Your paper must include an executive summary.

Research papers are electronically received by [researchaward@sirc.ca](mailto:researchaward@sirc.ca). In addition, a complete hardcopy of the applicant's submission, which includes a bio, an abstract, a photo of the applicant (passport photo) and the signed SIRC Content Licence agreement and eligibility outline, with original applicant signature, must be received by 4:30 p.m. EST.

Forms are available from the website: [www.sirc.ca](http://www.sirc.ca). SIRC's mailing address: 180 Elgin Street, Suite 1400, Ottawa, Ontario, K2P 2K3

**Deadline:** March 26, 2010

## BUSINESS COUNCIL OF MANITOBA

If you are of Aboriginal ancestry, you are eligible for a Business Council of Manitoba Aboriginal Education Award, provided you meet the following criteria:

- You are a citizen of Canada and permanent resident of Manitoba, having resided in Manitoba for the last 12 months
- You plan to attend a Manitoba public post-secondary institution in any discipline in the 2010-11 academic year
- You plan to maintain full-time status (at least a 60% course load)
- You are in need of financial assistance

If you are receiving funding from other sources, including band funding, you may still apply for this award to cover additional costs. Application forms are available in the Awards Office (on the first floor of Graham Hall) and Student Central (first floor of Centennial Hall). Please submit to the Awards & Financial Aid office by **March 30, 2010**.

## RESEARCH FELLOWSHIP IN HONOUR OF STUART NESBITT WHITE

The PS Research Fellowship in Honour of Stuart Nesbitt White promotes Canadian expertise, education and research capacity in emergency management. Each year, up to eight students are awarded fellowships of \$19,250 each. These awards are available for graduate-level research in emergency management. This includes work in one or more of the four pillars of emergency management: mitigation, preparedness, response and recovery. Research focused on the all-hazards approach to emergency management is encouraged, as are studies in cyber security, disaster management and critical infrastructure protection and assurance. Multidisciplinary work is preferred in disciplines such as regional planning, engineering, environmental studies, computer science, geography, sociology, economics, risk modeling and system science. Application and evaluation procedures are administered by the Association of Universities and Colleges of Canada (AUCC). Interested students can view the application poster and procedures on the AUCC web site: [www.aucc.ca](http://www.aucc.ca).

**Deadline:** March 31, 2010

## C.A.S.C. SCHOLARSHIPS

The Canadian Co-operative Association (CCA) is calling for applications for the three Canadian Association for Studies in Co-operation (CASC) scholarships:

**Alexander Fraser Laidlaw Fellowship** - The Co-operative Housing Federation of Canada established the Laidlaw Fellowship to honour Dr. Alexander Fraser Laidlaw, the father of the non-profit co-operative housing movement in Canada. An outstanding Canadian adult educator and co-op leader, Dr. Laidlaw served the cause of the co-operative movement for over 40 years. The Laidlaw Award, valued at \$1,000, is available to graduate students only. The award is based on the applicant's academic record, as well as on the importance of the proposed research activities to the development of the co-op movement in Canada or abroad.

**Amy and Tim Dauphinee Scholarship** - The Ontario Credit Union Charitable Foundation established the Amy and Tim Dauphinee Fellowship in recognition of the outstanding contribution these two leaders made to the development of the credit union movement and the Ontario Credit Union Charitable Foundation. The award, currently valued at \$3,000, is available to graduate students only. The award will be based on applicants' academic records and on the importance of the proposed research activities to the development of the co-op movement in Canada or abroad.

**Lemaire Co-operative Studies Award** - Available to both undergraduate and graduate students, the Lemaire awards are intended to encourage students to undertake studies which will help them contribute to the development of co-operative in

Canada or elsewhere. Eligible candidates will have been involved with co-operatives, must demonstrate reasonable knowledge and understanding of co-op principles and their application, and be able to indicate how the proposed studies will contribute to the co-op movement. Full-time or part-time students, taking full- or partial-credit courses at any university or university-equivalent college are eligible to apply. Eligible candidates must take a minimum of one course about co-operatives. The bursaries will be awarded in multiples of \$1,000 to a maximum of \$3,000. The amount of the awards will be proportional to the significance and contribution of the studies to the advancement of co-operatives.

For all three scholarships, applicants must either undertake studies at Canadian universities or university-equivalent colleges (regardless of citizenship) or be Canadian citizens or landed immigrants studying at such institutions outside Canada. To be eligible to receive the award, recipients must undertake their proposed study within one calendar year of the fellowship being awarded. Application forms are available from their website [www.coopscanada.coop](http://www.coopscanada.coop) or from the Awards & Financial Aid office on the first floor of Graham Hall.

**Deadline:** March 31, 2010

## DESMOND CONACHER SCHOLARSHIP

This scholarship is offered in memory of Desmond Conacher, formerly Professor of Classics at Trinity College, Toronto, Fellow of the Royal Society of Canada and Honorary President of the Classical Association of Canada. Its purpose is to assist and encourage a young scholar entering graduate studies in classics. The scholarship is administered by the Classical Association of Canada through its Awards Committee. One award of \$2,500 is offered each year. Applicants must be Canadian students (citizens or permanent residents) intending to enter the first year of graduate studies in a classics or similar program at a Canadian university. Specializations within the general area of classics, such as ancient history, ancient philosophy and classical archaeology, are eligible. Applicants must be less than 28 years of age on Jan. 1 of the year of application. The main criteria are academic achievement, professional promise and an appropriate undergraduate preparation. For more information or application procedures and form, please visit their website: <http://cac-sc.ca>, or the Awards & Financial Aid office on the first floor of Graham Hall.

**Deadline:** March 31, 2010

## CANADIAN JAPANESE-MENNONITE SCHOLARSHIP

The scholarship was created as a tangible symbol of co-operation between Canadian Japanese and Canadian Mennonites, subsequent to a formal apology that was offered to Canadian Japanese by MCC Canada on behalf of Canadian Mennonites. It is intended to assist the protection of minority and human rights in Canada and to reduce the potential for abuse of cultural minorities, such as that suffered by Japanese Canadians during the Second World War. The \$2,000 scholarship is awarded to a student who is enrolled in a graduate degree program, a Canadian citizen studying at a university in Canada and is engaged in research that will assist the protection of minority or human rights in Canada. To obtain an application package or for more information visit their website: <http://canada.mcc.org/scholarships>, or the Awards & Financial Aid office on the first floor of Graham Hall.

**Deadline:** April 1, 2010

## RETAIL AS A CAREER SCHOLARSHIP PROGRAM

Retail Council of Canada, in partnership with industry sponsors, will award more than \$75,000 in scholarships and benefits to students entering or currently enrolled in a business, marketing or retail-related program at a Canadian post-secondary institution. Students who receive the scholarships will not only benefit from financial assistance for their post-secondary education, but will also attend STORE 2010 in Toronto where they will have the opportunity to engage with the brightest professionals in the Canadian retail industry. A \$5,000 scholarship will be awarded by Interac Association to the top Retail as a Career Scholarship applicant, whose name will not be disclosed until STORE 2010. This year, 26 scholarships are available and one \$5,000 Interac Scholarship in addition to 25 \$1,000 Industry-Sponsored Scholarships. To be considered for one of the scholarships applicants must meet the following criteria:

- Enrolled full-time or part-time at a Canadian college or university in Fall 2010.
- Pursuing a retail, business or marketing-related program.
- Currently working part-time or full-time within the retail industry.

For application forms and instructions, please visit their website: [www.retaileducation.ca](http://www.retaileducation.ca), or the Awards & Financial Aid office on the first floor of Graham Hall.

**Deadline:** April 1, 2010

## PROGRESSIVE ECONOMICS FORUM ESSAY CONTEST

There are two competitions, one for undergraduate students and one for graduate students, open to all Canadian students, studying in Canada and abroad, as well as international students presently studying in Canada. The definition of "student" encompasses full-time as well as part-time students. Students eligible for the 2010 competition must have been or be enrolled in a post-secondary educational institution at some point during the period of May 2009 - May 2010. A cash prize of \$1,000 will be awarded to the winner of the graduate competition and \$500 will be awarded to the winner of the undergraduate competition. Entries may be on any subject related to political economy, economic theory or an economic policy issue, which best reflects a critical approach to the functioning, efficiency, social and environmental consequences of unconstrained markets. For more information or details on essay submission, please visit their website: [www.progressive-economics.ca](http://www.progressive-economics.ca).

**Deadline:** April 30, 2010

## PHYLLIS P. HARRIS SCHOLARSHIP

This scholarship is an annual award of \$2,600 endowed in the memory of Phyllis P. Harris. For over thirty years Phyllis Harris was an inspiring presence in the world of family planning, volunteering both her time and services in Edmonton and throughout Canada. To be eligible, you must be enrolled as a full-time student in third or fourth year at the undergraduate level at a Canadian University during the 2010-2011 academic year. Applicants must also be a Canadian citizen or landed immigrant. All applicants must have previous work or volunteer experience in the general field of human sexuality with the intent to pursue a degree in the field of family planning or population issues. The field is broadly defined to include biology, education, history, medicine, political science, psychology, international studies, social work or sociology. To apply, you must include your most recent academic transcript, a 500-word typed essay outlining your relevant background education, objectives and plans for the future. Candidates must also clearly state their support of the values and beliefs of the Canadian Federation for Sexual Health. Your name, address and telephone number must appear at the top of the application. In addition, the application must also include the name, address and telephone number of two (2) referees supporting your application. Referees should send their letters of support to the office of the Canadian Federation for Sexual Health. Please send your essay and most recent academic transcript to:

Phyllis P. Harris Scholarship Committee  
Canadian Federation for Sexual Health  
1 Nicholas Street, Suite 430  
Ottawa, Ontario K1N 7B7  
Telephone: (613) 241-4474 FAX: (613) 241-7550  
Website: [www.cfsh.ca](http://www.cfsh.ca)

**Deadline:** April 30, 2010

## MANITOBA STUDENT AID PROGRAM (MSAP)

Manitoba Student Aid is now accepting applications for the 2010 Winter session. Students can apply online at [www.manitobastudentaid.ca](http://www.manitobastudentaid.ca).

New to the Student Aid program this year are a series of grants and bursaries:

- Canada Student Grant for Students from Low-income Families
- Canada Student Grant for Students from Middle-income Families
- Canada Student Grant for Students with Dependents
- Rural/Northern Bursary

These grants are the first money students will receive in their financial aid packages, before any loans are awarded. Many students may, in fact, receive the majority of their financial assistance in the form of grants.

Be sure to apply early and to submit all requested documentation as soon as possible to ensure that you receive all the grant funds for which you are eligible.

## PROCEDURES:

### Confirmation of Enrolment & Release of Government Student Aid Documents

Approximately three weeks before classes begin, the Manitoba Student Aid Program (MSAP) will begin printing official assistance documents for students whose MSAP documentation and university course registration are in order. MSAP will mail the documents to students at the addresses they have provided on their MSAP applications. The document you receive already will have been electronically approved by the Awards & Financial Aid Office. It will indicate the fees you owe to the University of Winnipeg. These fees will be deducted from your student aid.

If the document is a Canada Student Financial Assistance document, you should take it to an approved Canada Post outlet for forwarding to the National Student Loan Centre.

If the document is a Manitoba Student Aid document, you should forward it to the MSAP Loan Administration Department.

The National Student Loan Centre of the MSAP Loan Administration Department will process the document, transferring the fee payment portion directly to the university and depositing any additional balance to your account. Instructions on these processes will be included in your student aid document package.

### Course Load

The minimum course load for which you must register to be eligible for any form of government student assistance is 60 per cent of the maximum course load required for your study period:

- Fall/Winter academic year - 18 credit hours
- Fall Term or Winter Term only - 9 credit hours which begin and end within that term

You must maintain the appropriate minimum course load for your study period in order to retain your student assistance eligibility.

### Registration at Another Post-Secondary Institution

If, in addition to University of Winnipeg courses, you are registered and taking courses elsewhere during the academic year for credit towards your University of Winnipeg degree, you must present proof of registration to the Awards & Financial Aid Office before your student assistance document can be authorized and released to you.

### Fee Payment

Your fees will be deducted from the student assistance document when it is electronically approved by the university. Government student aid is used first to meet educational costs. All overdue fees and emergency loans as well as fees for the current study period will be deducted from the student aid document. If your student assistance does not cover your required fee payment, you will have to make payment on your own by the fee payment deadline. Credits for scholarships you may be receiving will reduce the amount of fees deducted from the student aid document.

### Missing Information

If any documentation requested by the MSAP, such as summer income or study-period income verification, has not yet been submitted, electronic confirmation of your loan document will not occur and your loan funds will not be in place at the beginning of the Winter Term.

### Revision to your Needs Assessment

You should be aware that new information, such as verification of your summer or study-period income, may increase or decrease your MSAP needs assessment and the resulting loan amounts you are eligible to receive. Similarly, if your current course load is different from that on your Notice of Assistance letter, the amount of loan you are eligible to receive may change.

### Fee Deferral

The Awards & Financial Aid Office can defer your fees if you have applied for government student aid but have not received your confirmed assistance document by the fee payment deadline. Fee deferral means that your registration will not be cancelled because of your failure to pay by the deadline. However, you will be charged the late payment fee unless you have submitted your Student Aid application in sufficient time for it to be processed by the payment deadline.

The Awards office will begin taking names for the fee deferral list for students registered for only the 2010 Winter term starting **Jan. 4, 2010**. If your name is on the Awards & Financial Office fee deferral list but you withdraw from university courses, you will be responsible for the fees you owe until your actual date of withdrawal.

If you are out of funds before your next disbursement of Government Student Aid occurs, you can arrange for bridge financing from the University in the form of an emergency loan. Please call 786-9458 for an appointment.

**DID YOU KNOW...** That Manitoba Student Aid staff can be on campus on Fridays from 1 - 4 p.m. To meet with them, you need to set up an appointment. Come to Student Services and book an appointment, or phone 786-9458 or 786-9984.

**DID YOU KNOW...** You can check the status of your student aid application, find out what documentation is still outstanding, update your address information and much more online? Go to [www.manitobastudentaid.ca](http://www.manitobastudentaid.ca) and then to MySAO to log into your existing account.

**DID YOU KNOW...** If you are a student who has had past Government Student Loans and are currently a full-time student but do not have a student loan this year, you can fill out a Schedule 2 document to remain in non-payment status. Please come to Student Services in Graham Hall, where front-counter staff can help you with this form.

## OTHER AWARD WEBSITES:

Canada Student Loan program & other important information on finances and budgeting: [www.canlearn.ca](http://www.canlearn.ca)

Manitoba Student Aid Program: [www.manitobastudentaid.ca](http://www.manitobastudentaid.ca)

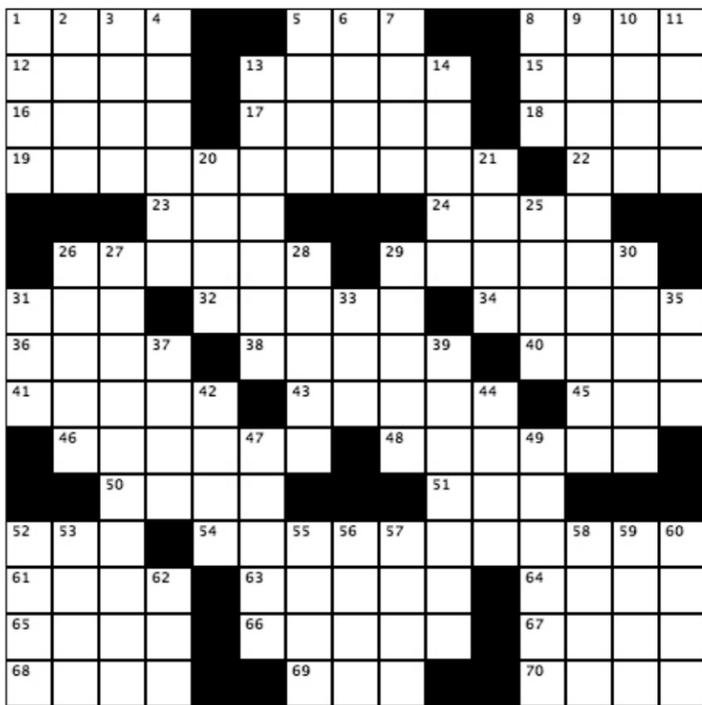
Surfing for dollars? Try these two websites:

[www.studentawards.com](http://www.studentawards.com)

[www.scholarshipscanada.com](http://www.scholarshipscanada.com)

# Crossword Puzzle 21

Solutions to crossword and sudoku will appear in next week's issue.



BESTCROSSWORDS.COM

**Across**

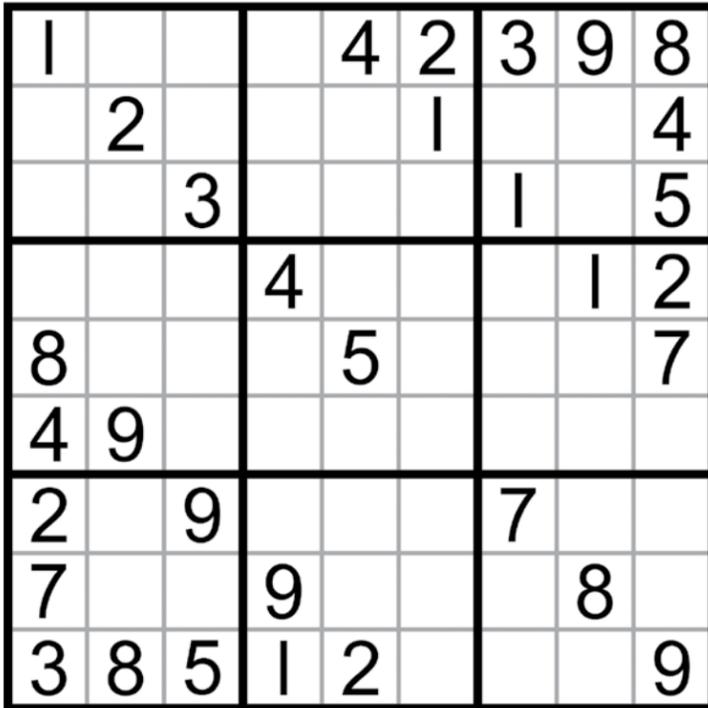
- 1- Exchange for money
- 5- Not neg.
- 8- Impersonator
- 12- Portico
- 13- Actress Anouk
- 15- Cave dwellers
- 16- Pitfall
- 17- Mass of eggs
- 18- Part of Q.E.D.
- 19- Everlasting
- 22- Actor Gulager
- 23- Alway
- 24- Make reference to
- 26- Pale yellow liquid
- 29- Prima ballerina
- 31- Junior
- 32- Conger catcher
- 34- Israeli desert

- 36- Collective word for intellectual pursuits
- 38- Brother of Moses
- 40- Beget
- 41- Move stealthily
- 43- Subatomic particle
- 45- Fail to tell the truth
- 46- The Muse of astronomy
- 48- Stir to action
- 50- Ages
- 51- Author Fleming
- 52- T.G.I.F. part
- 54- Hasty conviction with little evidence
- 61- Locale

**Down**

- 63- Farewell
- 64- Zeno's home
- 65- Some are pale
- 66- Gives up
- 67- Half of zwei
- 68- Auto pioneer
- 69- Charge
- 70- Abstruse
- 1- Grounded fleet
- 2- French 101 verb
- 3- Rich soil
- 4- Little flap
- 5- Hollow cylinder
- 6- Actor Epps
- 7- In stitches
- 8- Actor Vigoda
- 9- Partly gilded
- 10- Bibliography abbr.

# Sudoku Octagon



will.octagon.gibson@gmail.com



## Attachment issues

A few weeks ago, my Internet and cable service provider stopped calling me and it really freaked me out.

My Internet and cable service provider and I go way back. Over the years we've had a lot of good times, a few bad times and have become very close.

They usually call me about four times a week to offer me great promotional deals on stuff. It's awesome. I never want the stuff they're offering and they usually call at really inconvenient times, but it's nice to know that there's someone out there who really cares about me.

A few years ago I had a similar relationship with a credit card company. We kept in touch via written correspondence. They sent me credit card application forms every week, and I sent them clumps of hair, raisins and band-aids in the postage paid envelopes they were always kind enough to provide. Strangely enough, it took me actually moving away from my old place for them to stop sending me the applications, regardless of what I sent back to them. I often think about how much I miss that correspondence.

So, you can probably understand why I was so upset when my Internet and cable service provider stopped calling.

At first I just thought they were being neglectful. I was even a little cheeced. But then after three days straight without a phone call offering me something I didn't want, I knew something had to be up.

I went to the police, but they were no help. They told me three days without a phone call from my Internet and cable service provider was not a reasonable cause for alarm and that I should stop huffing paint and go home. I did neither; I was on a mission.

I made some posters that read, "Have you seen this Internet and cable service provider?" and began putting them up in my neighbourhood. I didn't have a picture of my provider so I just used a picture of a puppy. I got a lot of calls, but none led me to my beloved company, though I did get a pretty sweet puppy out of the deal.

I was about to give up all hope until, while sitting on a curb downtown, my phone rang. I almost dropped the bag of paint I was huffing when I saw who it was: my Internet and cable service provider.

I picked up the phone and a nice lady asked me if I was satisfied with my current cable package. I told her how worried I'd been and then scolded her loudly for not calling. I think my enthusiasm may have freaked her out a little bit because she told me she was going to report me to her supervisor as a possible security risk.

Then, 10 minutes later, a nice lady called me from the same number and asked me if I was satisfied with my Internet service provider.

*J. Williams doesn't want you to think he only receives phone calls from telemarketers. Friends call him. Sometimes.*

## A guide to cholesterol alternatives



### LIVING WELL



**SAGAN MORROW**  
STAFF WRITER

For the majority of us, fats are not something that we need to consciously include in our diet.

Healthy fats are found naturally in many foods, so oil, butter or margarine are generally unnecessary additions to our cooking, health-wise. But sometimes the taste or the texture of the added fat is required to really pull a meal together. When it comes to choosing which added fats to use for cooking purposes, it helps to consider the health benefits – and drawbacks – to the kinds of added fats that we use.

The butter versus margarine

debate has been raging for years, but in the end, both of these can have their advantages, depending on the brand of margarine. Butter is an all-natural, real food, so it is an excellent choice. However, it contains saturated fat, and some kinds of saturated fat have the effect of raising blood cholesterol levels. If you are trying to watch your cholesterol levels, it would be wise to minimize your use of butter and choose another kind of added fat instead.

All oils are cholesterol-free because cholesterol is only found in animal products. This doesn't necessarily mean that all oils are inherently "better for you" than butter, however, or that all oils are equal. Olive oil is full of heart-healthy monounsaturated fats, but it cannot be heated at a very high temperature. Another healthier oil choice is grape seed oil, which can be heated at high temperatures.

If you need a solid fat rather than a liquid one for baking but are vegan or prefer not to use butter, your alternative is margarine. Be wary of which margarine you choose! Most are made with hydrogenated or partially hydrogenated oil. These types of oils are used because they give margarine a spreadable texture, but both hydrogenated and partially hydrogenated oils are trans fats. Trans fats increase risk of heart disease by raising blood

cholesterol levels (and by lowering the good kind of cholesterol levels in the body). Trans fats are both man-made and toxic, so it is best to completely avoid them. If you want the spreadable aspect without the trans fats, let your butter soften at room temperature right before you want to use it.

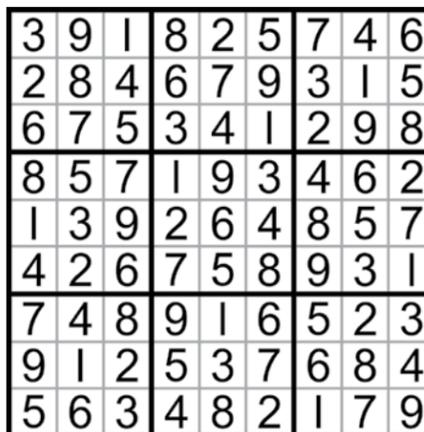
The best brand of margarine is Earth Balance. It is an all-natural, vegan spread that tastes like butter and uses a variety of healthy vegetable oils. There are very few other brands of margarine that do not use either hydrogenated or partially hydrogenated oil, nor artificial flavouring or colouring.

Whichever kind of added fat you choose, it is always best to consume foods with real (and not man-made) ingredients.

When considering which kind of added fat to use in our cooking, it is important to remember that even the "healthier" options should still be used in moderation. A serving of added fats is no bigger than 1 tsp. A little bit of added fat goes a long way to reach the desired taste and texture that really makes the meal.

*University of Winnipeg student Sagan Morrow writes a health and wellness blog. Check it out at [www.livingintherealworld.net/healthy](http://www.livingintherealworld.net/healthy).*

Solutions to puzzles from Feb 25.



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# More than just a couple of crepes

New Winnipeg hot spot Kawaii Crepe dares you to try just one

COURTNEY SCHWEGEL  
CAMPUS BEAT REPORTER

**Kawaii Crepe**  
201-99 Osborne St.



Two things will happen the moment you walk into Kawaii Crepe, the new culinary hot spot in Osborne Village. First, you will be warmly greeted by the tantalizing scent of freshly-made crepes. Second, you will be uplifted by the bright, inviting colours of the decor.

Bold, red leather sofas and modern white tables give the space a casual yet spunky vibe and the large picture windows at the front of the restaurant illuminate an accent wall covered in big, multicoloured bubbles.

This cute, creative little creperie is the brainchild of two young Winnipeg women, Candy Lam and Erin Kroeker.

Since its opening in December, Kawaii has quickly become a new favourite among Winnipeggers.

The crepes themselves are Japanese-style, quite different from the traditional Western crepe that has a thicker, mushier texture. In contrast, the thinner Japanese crepes reveal themselves to the palate in layers – slightly crisp on the outside with a softer, somewhat chewy inside.

The crepes come rolled up like ice-cream cones, stuffed with filling, and are served in cute, convenient little stands that keep them upright between bites.

The diverse menu forces diners

They come in all crepes and sizes. Latest Osborne Village hot spot Kawaii Crepe features a wide variety of Japanese style eats to satisfy all kinds of tastes.

to broaden their conception of a crepe, offering 16 varieties of signature savory crepes and 15 varieties of sweet crepes with playful names like “Hit Me Baby One More Thai” and “Divine Brown.”

A “make-your-own” option lets diners customize their own fantasy-crepe, allowing for endless possibilities. Ranging in price from \$4.25 to \$8.25, the savory side of the crepe menu provides plenty of delectable breakfast, lunch and dinner options.

The “Tofu Dill-Lite” offers the perfect balance of textures and tastes. The cool cucumber and crisp sprouts add a nice light crunch that offsets the creamy tofu and nutty cashews, while fresh dill adds the perfect amount of brightness and tang. The only downfall is that the tofu-dill sauce tends to saturate the crepe, especially near the bottom, making it somewhat sloppy to eat.

Those looking for a heartier, meaty option may go for “The Cowboy,” stuffed with roast beef, cheese, lettuce and slathered with mustard.

Another widely popular item is the “Osborne Branch,” which is filled with grilled chicken, bacon, cheese and ranch dressing.

On the sweet side, one can't go wrong with any of the choices.

Traditionalists may opt for a simple “And Everything Nice,” spread with brown sugar and cinnamon.

The “It's-a-Smore” crepe, oozing with warm marshmallows, silky milk chocolate sauce and graham cracker chunks, is a must for those willing to try a new spin on an old campfire fave.

In addition to its extensive crepe menu, Kawaii also boasts an impressive array of beverage options, including Bubble and Fusion Tea.

The antioxidant-rich rose fusion tea comes served over ice and is refreshing and rejuvenating with just a touch of sweetness.

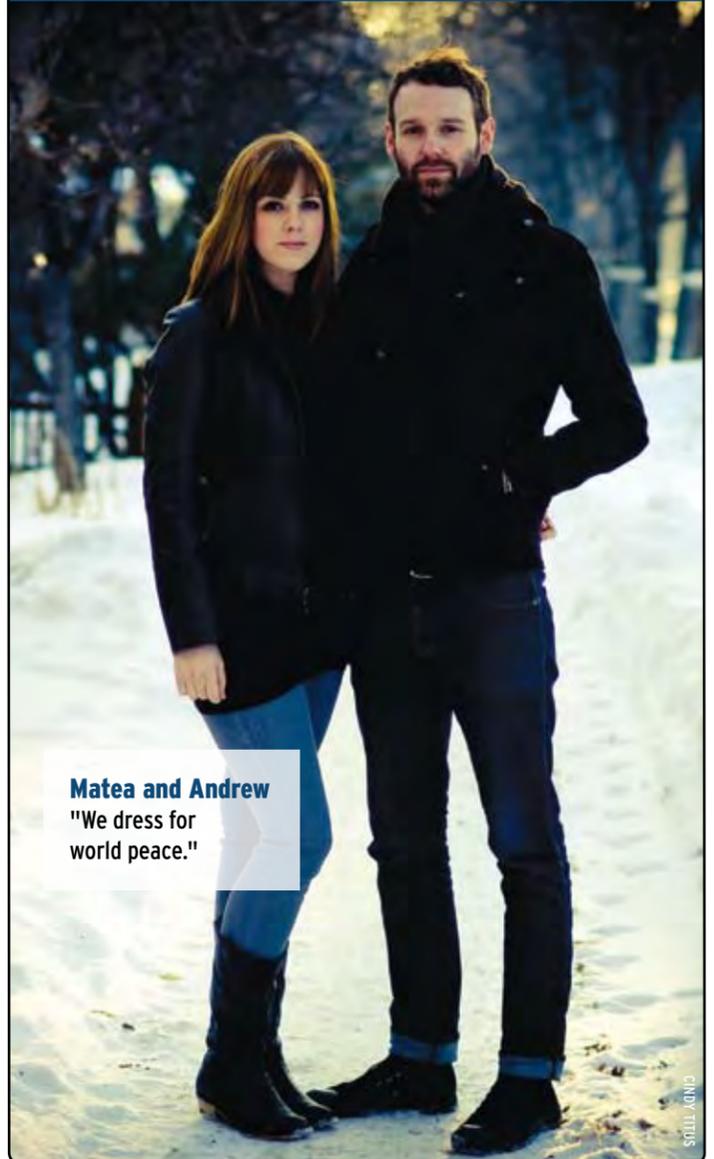
The bubble teas, available with or without tapioca pearls, have a thick, smoothie-like consistency and are bursting with fresh-fruit flavour.

Overall, Kawaii Crepe offers a cheap and cheerful dining experience full of bold flavours and textures not typically associated with the modest crepe but that will definitely make your taste buds happy.

Check out the menu at [www.kawaiicrepe.com](http://www.kawaiicrepe.com).

## FASHION STREETER

The Uniter Fashion Streeter is an ongoing documentation of creative fashion in Winnipeg inspired by the Helsinki fashion blog [www.hel-looks.com](http://www.hel-looks.com). Each issue will feature a new look from our city's streets and bars in an attempt to encourage individual expression and celebrate that you are really, really good looking.



**Matea and Andrew**  
"We dress for world peace."



Faculty of Business & Economics  
THE UNIVERSITY OF WINNIPEG

# Open House

WEDNESDAY, March 10, 2010

7:00 -9:00 PM 2nd Floor Lounge

Duckworth Centre, 400 Spence Street

### FOR FURTHER INFORMATION

Please contact the  
Faculty of Business & Economics  
786-9990 or email  
[businessandconomics@uwinnipeg.ca](mailto:businessandconomics@uwinnipeg.ca).

**You** of **W**<sup>TM</sup>

where you matter most

